

Unit Title: Planning Own Fitness Programme
Unit Level: Level 1
Unit Credit Value: 4
GLH: 30
LASER Unit Code: WJC701
Ofqual Unit Code: R/506/0948

This unit has 5 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Know the components of physical fitness.	1.1	Outline the components of physical fitness.
2.	Be able to assess own fitness level.	2.1	Assess own fitness level.
3.	Be able to plan, set targets for and undertake own fitness programme.	3.1	Plan, set targets for, and undertake own fitness programme over a given period of time.
4.	Know how to overcome barriers that may affect achievement of fitness goals.	4.1	Identify barriers to achieving fitness goals.
		4.2	Identify ways to overcome barriers.
5.	Be able to review own fitness programme.	5.1	State which parts of own fitness programme worked well and which need improving.

Assessment Guidance:

NA

Additional Information:

NA