

**Unit Title:** Improving Personal Health And Fitness  
**Unit Level:** Entry 3  
**Unit Credit Value:** 3  
**GLH:** 30  
**LASER Unit Code:** WJC756  
**Ofqual Unit Code:** T/506/0943

This unit has 7 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand what contributes to safe and effective physical activity routine.	1.1	List barriers to exercise and give examples of how to overcome them.
		1.2	State how to establish a safe fitness routine.
		1.3	List types of exercise and activity which can be included in fitness routine.
		1.4	Indicate ways of improving your fitness by changing your daily activity.
2.	Know the principles of training.	2.1	Define the principles of training.
3.	Know how to set SMART goals for personal health and fitness.	3.1	State how to set SMART goals.
		3.2	Set personal health and fitness goals.
4.	Understand methods of injury prevention.	4.1	List ways of preventing injury during activity sessions.
5.	Understand the importance of personal hygiene.	5.1	State the importance of personal hygiene.
		5.2	State the body's process for heat regulation.
		5.3	List ways of maintaining personal hygiene.
6.	Be able to take part in a series of activity sessions using safe and effective technique.	6.1	Participate safely and effectively in activity sessions over a period of time.
7.	Know how to keep exercise records.	7.1	Record activity participation on a personal activity log.

**Assessment Guidance:**

NA

**Additional Information:**

NA