

Unit Title: Personal Physical Fitness
Unit Level: Level 2
Unit Credit Value: 3
GLH: 24
LASER Unit Code: WJD511
Ofqual Unit Code: H/505/1333

This unit has 2 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand how to assess their own physical fitness levels.	1.1	Produce own individual fitness profile.
		1.2	Review own physical fitness in relation to specific physical and sporting activities.
2.	Be able to follow strategies to improve own fitness.	2.1	Design a personal training programme.
		2.2	Follow the programme.
		2.3	Keep a diary of effectiveness of exercises undertaken to improve fitness levels.
		2.4	Review the effectiveness of different forms of exercise.

Assessment Guidance:

NA

Additional Information:

NA