

Unit Title:	Developing A Personal Exercise Programme
Unit Level:	Level 2
Unit Credit Value:	6
GLH:	48
LASER Unit Code:	WJH129
Ofqual Unit Code:	T/650/1247

This unit has 6 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the importance of exercise.	1.1	Describe the health benefits of exercise.
		1.2	Describe the components of fitness.
		1.3	State the recommended guidelines for physical activity and health.
2.	Know about human anatomy and physiology in relation to exercise.	2.1	Describe the functions of the skeleton.
		2.2	Identify the major bones of the human body.
		2.3	Identify the major muscles of the human body.
		2.4	Outline the function of the heart, lungs and circulatory systems.
		2.5	Describe the effects of exercise on the heart, lungs and circulatory systems.
3.	Understand health and safety factors related to exercise.	3.1	Explain the importance of warming up and cooling down.
		3.2	Identify health and safety considerations related to exercise.
		3.3	Describe safe and practical clothing and footwear for exercise.
4.	Know how to plan a safe and effective personal exercise programme.	4.1	Describe the components of a safe and effective warm up and cool down.
		4.2	State own fitness goals.
		4.3	Describe the principles of training and how they can be applied to personal exercise programmes.
		4.4	Identify equipment/facilities needed to carry out a personal exercise programme.
5.	Be able to plan and participate in a safe and effective personal exercise programme.	5.1	Plan a warm-up and cool-down for own exercise sessions.
		5.2	Plan a three-week personal exercise programme that incorporates a range of exercises/activities.
		5.3	Participate in a planned personal exercise programme that incorporates a range of exercises/activities.

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6.	Be able to monitor and evaluate a personal exercise programme.	6.1	Record all sessions in an exercise diary/using wearable technology.
		6.2	Review own exercise programme and suggest: <ul style="list-style-type: none"> • strengths • weaknesses • areas for improvement

Assessment Guidance:

NA

Additional Information:

NA
