

Unit Title: Making Physical Activity Sessions
Inclusive
Unit Level: Level 2
Unit Credit Value: 1
GLH: 6
LASER Unit Code: WJE832
Ofqual Unit Code: D/507/1466

This unit has 4 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand the meaning of inclusion in relation to physical activity participation.	1.1	Explain what is meant by the term 'inclusion' in relation to physical activity participation.
		1.2	Describe the diverse needs that physical activity participants may have.
		1.3	Explain a range of methods that can be used to make physical activity inclusive.
2.	Be able to plan an inclusive physical activity session.	2.1	Review the needs of participants.
		2.2	Record the session plan in an appropriate format.
3.	Be able to lead an inclusive physical activity session.	3.1	Lead an inclusive physical activity session according to the session plan.
		3.2	Adapt the planned session to meet the needs of participants.
4.	Be able to review an inclusive physical activity session.	4.1	Review a physical activity session and make suggestions for future improvement to include: <ul style="list-style-type: none"> a) feedback from participants b) safety and effectiveness of planned session c) how to improve personal practice.

Assessment Guidance:

NA

Additional Information:

NA
