

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Taking Part in Sport for Personal Improvement
Unique Reference Number:	H/506/7757
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Take up and participate in a sporting activity.	1.1 Select a sport which meets personal requirements giving reasons for choice.
	1.2 Participate actively over an identified period.
2. Recognise the physical and emotional benefits of sport.	2.1 Describe and explain the physical and emotional benefits of sport and discuss the specific benefits of chosen sport.
3. Understand the rules and/or tactics of the sporting activity.	3.1 Identify and demonstrate knowledge of rules and tactics in order to be able to umpire/referee/lead an activity.
4. Understand the importance of physical preparation prior to practical sessions.	4.1 Produce a plan for a warm-up session and demonstrate regularly.
	4.2 Explain the basic physiological reasons for this.
5. Recognise personal strengths and weaknesses and work on improving performance.	5.1 Identify personal strengths and weaknesses and set goals for improving and recording progress.
6. Understand the health and safety rules relating to sport.	6.1 Identify health and safety considerations and explain consequences of not adhering to these.