

Open Awards Qualification Unit



Form OAQU

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1 Unit Details

Unit Title:	The Physiology of Fitness
QAC Code:	H/506/7788
Level:	Level 3
Credit Value:	5
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the body's response to acute exercise	1.1 Describe the musculoskeletal and energy systems response to acute exercise
	1.2 Describe the cardiovascular and respiratory systems responses to acute exercise
2. Know the long-term effects of exercise on the body systems	2.1 Describe the long-term effects of exercise on the musculoskeletal system and energy systems
	2.2 Describe the long-term effects of exercise on the cardiovascular and respiratory systems
3. Be able to investigate the physiological effects of exercise on the body systems	3.1 Collect physiological data to investigate the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems, with tutor support
	3.2 Review physiological data collected, describing the effects of exercise on the musculoskeletal, cardiovascular, respiratory and energy systems