

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Fitness Testing and Training
Unique Reference Number:	L/506/7784
Level:	Level 2
Credit Value:	5
Minimum GLH:	30

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the fitness and training requirements necessary to achieve excellence in a selected sport	1.1 Describe the fitness requirements for achieving excellence in a selected sport
	1.2 Describe three different fitness training methods used to achieve excellence in a selected sport
2. Know the lifestyle factors that affect sports training and performance	2.1 Describe four different lifestyle factors that can affect sports training and performance
3. Be able to assess their own level of fitness	3.1 Carry out four different fitness tests for different components of fitness, recording the results accurately
	3.2 Interpret their test results and personal level of fitness
4. Know the effects of psychological factors on sports training and performance	4.1 Describe the effects of psychological factors on sports training and performance