

# Open Awards Qualification Unit



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## 1 Unit Details

Unit Title:	Instructing Physical Activity and Exercise
Unique Reference Number:	Y/506/7786
Level:	Level 3
Credit Value:	10
Minimum GLH:	60

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know the principles of safe and effective exercise sessions	1.1 Describe the principles of fitness training
	1.2 Describe the health and safety considerations associated with exercise programmes and sessions
	1.3 Describe the importance of warm-up and cool-down in exercise programmes and sessions
2. Be able to design an exercise programme	2.1 Design a six-week exercise programme for two selected contrasting clients
3. Be able to plan and lead an exercise session	3.1 Plan a safe and effective exercise session
	3.2 Deliver a safe and effective exercise session, with tutor support
4. Be able to review the design of an exercise programme and leading of an exercise session	4.1 Review own performance in the designing of exercise programmes and the planning and delivery of the exercise session, identifying strengths and areas for improvement