

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Develop Aspects of Physical Fitness
Unique Reference Number:	K/506/7792
Level:	Level 3
Credit Value:	6
Minimum GLH:	50

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Be able to design and implement a training programme	1.1 Determine level of physical fitness in relation to the chosen uniformed service's physical entry standards
	1.2 Examine appropriate methods of achieving physical fitness and their contribution to the achievement of the chosen service's entry standards
	1.3 Identify and agree the activities necessary to achieve the appropriate standard of physical fitness
	1.4 Determine the intensity and duration of agreed activities
	1.5 Organise venues, facilities, equipment and other resources necessary to implement training programmes for self and two others
	1.6 Identify correct training techniques
	1.7 Explain the training cycle and its purpose
	1.8 Explain the roles of carbohydrates, fat, proteins, vitamins, minerals and fluids

	1.9	Describe the influence of nutrition and hydration on performance
	1.10	Show understanding of the importance of adequate dietary intake
	1.11	Identify methods of measuring and recording physical attributes
	1.12	Identify negative effects of diet and drugs on physical fitness
	1.13	Explain effects of exercise upon physiological systems
2. Be able to record and evaluate a training programme	2.1	Record and file training results using a fitness log
	2.2	Update records
	2.3	Evaluate the programme records to assess the success of the training programme
	2.4	Evaluate the content of the training programme
	2.5	Amend the programme as necessary in response to the evaluation
	2.6	Handle equipment with due regard for the health and safety of self and others
	2.7	Use equipment required to implement a training programme