

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

Unit Title:	Health and Fitness
Unit Reference Number:	F/615/5726
Level:	Entry 1
Credit Value:	3
Minimum GLH:	30

## 2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about the importance of exercise	1.1 Identify different forms of exercise
	1.2 Identify a benefit of exercise
2. Know about the clothing to be worn when participating in exercise	2.1 Identify clothing to be worn for an exercise activity
	2.2 Identify footwear to be worn for an exercise activity
3. Be able to take part in an exercise programme	3.1 Take part in a warm up activity
	3.2 Take part in an exercise activity
	3.3 Take part in a cool down activity
	3.4 Keep a record of taking part in the exercise