

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Doing Sport
Unit Reference Number:	J/615/5727
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 the importance of training	1.1 Contribute to developing a simple training plan
	1.2 State how regular training helps performance
2. Be able to put training into practice	2.1 Follow the training plan for an agreed duration
	2.2 Test out training elements in performance over an agreed period
3. Be able to comply with health and safety rules when taking part in sport	3.1 Identify health and safety points when training/performing
	3.2 Carry out clothing and equipment checks before taking part in sport