

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Personal Attributes for Sport
Unit Reference Number:	L/615/5728
Level:	Entry 1
Credit Value:	1
Minimum GLH:	10

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about a sporting activity	1.1 Identify the sport they are involved in
	1.2 State own involvement in the chosen sport
2. Know about personal strengths and weaknesses	2.1 Identify a personal strength which will be of use in a chosen sport
	2.2 Identify a personal weakness that could be improved by involvement in a chosen sport
3. Know about individual contributions in sport	3.1 Identify individual contributions in a team
	3.2 Identify individual contributions in a game, match or a sporting event