

# Open Awards Qualification Unit



This unit forms part of a regulated qualification.

## 1 Unit Details

|                        |   |
|------------------------|---|
| Unit Title:            | Recognising Sport and Leisure Opportunities |
| Unit Reference Number: | H/615/6352                                  |
| Level:                 | Entry 3                                     |
| Credit Value:          | 2   |
| Minimum GLH:           | 20  |

## 2 Learning Outcomes and Criteria

| Learning Outcome (The Learner will):                                  | Assessment Criterion (The Learner can):   |
|---|---|
| 1. Know how to participate in different sport and leisure activities  | 1.1 Identify different sport and leisure activities available in own local area   |
|   | 1.2 List local sport and leisure facilities available in own local area   |
|   | 1.3 For a chosen sport or leisure activity, identify:<br>a) the venue<br>b) timings<br>c) cost<br>d) joining procedures (e.g. whether booking is needed or not) |
| 2. Know the benefits of participating in sport and leisure activities | 2.1 Outline the benefits to self of participating in a chosen sport or leisure activity   |