

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Taking Part in Sport
Unit Reference Number:	T/615/8641
Level:	Level 1
Credit Value:	3
Minimum GLH:	27

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Know about a sporting activity	1.1 List the main benefits of being actively involved in a sport
	1.2 Select a sport suitable to their particular needs
	1.3 List the health and safety considerations for chosen sport
	1.4 List the essential rules of chosen sport
	1.5 Outline suitable activities for warming up for chosen sport
2. Be able to participate in a sporting activity	2.1 Take part in chosen warm up activities
	2.2 Take part in the chosen sporting activity over a period of time
3. Be able to review performance in a sporting activity	3.1 Identify positive aspects of own performance in the chosen sport activity
	3.2 Identify areas of the sport activity which require improvement
	3.3 Suggest ways to improve performance