

Open Awards Qualification Unit



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1 Unit Details

Unit Title:	Developing a Personal Exercise Programme
Unit Reference Number:	M/615/9691
Level:	Level 2
Credit Value:	3
Minimum GLH:	24

2 Learning Outcomes and Criteria

Learning Outcome (The Learner will):	Assessment Criterion (The Learner can):
1. Understand how to assess own physical fitness levels and produce individual fitness profile	1.1 Produce own individual fitness profile
	1.2 Review own physical fitness in relation to specific physical/sporting activities
2. Know about different exercises and equipment	2.1 Describe a minimum of one exercise for each of the following: <ul style="list-style-type: none"> a) Full body b) Full body c) Upper body d) Lower body e) Core
	2.2 Compare equipment which could be used to exercise each identified exercise
3. Be able to follow strategies to improve own fitness	3.1 Design a personal training programme
	3.2 State specific aims to achieve as part of personal training programme
	3.2 Follow the programme
	3.3 Keep a diary of exercises undertaken and assess their effectiveness in relation to identified aims