

Open Awards Qualification Unit



This unit forms part of a regulated qualification.

1 Unit Details

Unit Title:	Planning own Fitness Programme
Unit Reference Number:	K/616/1634
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 the components of physical fitness	1.1 Describe the components of physical fitness
2. Be able to assess own fitness level	2.1 Assess own fitness level
3. Be able to plan and use own fitness programme	3.1 With guidance plan own fitness programme with set targets
	3.2 Use own fitness programme over a given period of time
4. Know how to overcome barriers that they may affect achievement of fitness goals	4.1 Identify barriers to achieving fitness goals
	4.2 Identify ways to overcome barriers
5. Be able to review own fitness programme	5.1 Assess the results of own fitness programme