

Unit Title: Improving Own Fitness	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HJ1/E3/LQ/014
Ofqual Unit Reference Number:	L/505/8549

This unit has 3 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know about different exercise and fitness activities.	1.1. Identify different exercise and fitness activities.
2. Be able to participate in exercise and fitness activities.	2.1. Actively participate in exercise and fitness activities and demonstrate: <ul style="list-style-type: none"> • time-management skills • appropriate dress for the activity • following instructions provided by the activity leader • following health and safety guidelines before, during and after activities.
3. Be able to review own performance.	3.1. Identify own strengths and areas for improvement in exercise and fitness activities.

Assessment

The grid below gives details of the assessment activities to be used with the unit attached. Please refer to the OCN London Assessment Definitions document for definitions of each activity and the expectations for assessment practice and evidence for verification.

P = Prescribed This assessment method *must* be used to assess all or part of the unit.

O = Optional This assessment method *could* be used to assess all or part of the unit.

Case Study		Project	
Written question & answer/test/exam		Role play/simulation	O
Essay		Practical demonstration	O
Report		Group discussion	
Oral question and answer	O	Performance/exhibition	
Written description	O	Production of artefact	
Reflective log/diary		Practice file	