

Unit Title: Health and Fitness	
Level:	Entry Three
Credit Value:	3
GLH:	30
OCNLR Unit Code:	HJ5/E3/LQ/003
Ofqual Unit Reference Number:	Y/505/9123

This unit has 6 learning outcomes

LEARNING OUTCOMES	ASSESSMENT CRITERIA
The learner will:	The learner can:
1. Know about keeping fit.	1.1. State two reasons for keeping fit. 1.2. Identify two activities to help keep fit. 1.3. State why warming up is important before doing exercise. 1.4. Name two places to exercise.
2. Be able to interact with others in a health and fitness setting.	2.1. Listen to and respond to a partner when working on a specified health and fitness activity. 2.2. Listen to and respond to group members when working on a specified health and fitness activity.
3. Be able to participate in structured activities to develop health and fitness.	3.1. Participate in a range of basic fitness tests. 3.2. Take part in a variety of fitness activities. 3.3. Complete a simple warm up and cool down.
4. Be able to complete a simple training programme.	4.1. Complete a simple training programme which improves fitness over a specified time period.
5. Be able to work safely when participating in health and fitness activities.	5.1. Use health and fitness equipment safely. 5.2. Wear appropriate clothing for chosen activities.
6. Be able to review own performance and personal skills.	6.1. Identify aspects of own health and fitness training which went well. 6.2. Identify aspects of own health and fitness training which did not go so well. 6.3. State what might have been done differently.

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	O	Role play/simulation	