

## National Unit Specification: General Information

<b>UNIT</b>	Exercise and Fitness - Step (Intermediate 2) (x0.5)
<b>NUMBER</b>	D679 11
<b>COURSE</b>	This is a free-standing unit that may be used as part of a Scottish Group Award or be associated with other programmes of study in schools, colleges of further education or other centres.

### SUMMARY

On successful completion of this unit the candidate will be able to participate safely in an exercise and fitness training programme.

This unit is designed to further the candidate's interest in exercise and fitness training in a single context and promote further study of the subject.

### OUTCOMES

- 1 Prepare for participation in the exercise and fitness training activity.
- 2 Participate safely in warm-up and cool-down activities.
- 3 Demonstrate safe and effective techniques relating to the exercise and fitness training activity.

### RECOMMENDED ENTRY

While access to this unit is at the discretion of the centre, candidates would find it advantageous to have an interest in, or some knowledge of, exercise and fitness training or to have attained:

- D682 10 Exercise and Fitness - An Introduction (Intermediate 1) (x0.5) in an appropriate context.
- other relevant qualifications or experience.

### CREDIT VALUE

0.5 credits at Intermediate 2

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### Administrative Information

<b>Superclass:</b>	MD
<b>Publication date:</b>	December 1998
<b>Source:</b>	Scottish Qualifications Authority
<b>Version:</b>	01

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**CORE SKILLS**

Information on the automatic certification of any core skills in this unit is published in *Automatic Certification of Core Skills in National Qualifications* (SQA, 1999).

## **National unit specification: statement of standards**

**UNIT**            Exercise and Fitness - Step (Intermediate 2) (x0.5)

Acceptable performance in this unit will be the satisfactory achievement of the standards set out in this part of the unit specification. All sections of the statement of standards are mandatory and cannot be altered without reference to the Scottish Qualifications Authority.

### **OUTCOME 1**

Prepare for participation in the exercise and fitness training activity.

#### **Performance Criteria**

- a) Personal and facility equipment is appropriate to the activity.
- b) Facility used is safe and appropriate to the activity.

#### **Evidence Requirements**

Performance evidence of preparation for participation in exercise and fitness training by using a range of safety procedures, including the selection and usage of appropriate personal and facility equipment.

### **OUTCOME 2**

Participate safely in warm-up and cool-down activities.

#### **Performance Criteria**

- a) Reasons for warm-up and cool-down are described accurately.
- b) Warm-up is completed safely and effectively.
- c) Cool-down is completed safely and effectively.

#### **Evidence Requirements**

Performance evidence of effective participation in warm-up and cool-down activities.

Oral or written explanation of reasons for warming-up and cooling-down.

### **OUTCOME 3**

Demonstrate safe and effective techniques relating to the exercise and fitness training activity.

#### **Performance Criteria**

- a) Techniques used are safe and appropriate to the exercise and fitness training activity.
- b) Body position in each technique is demonstrated correctly.
- c) Appropriate personal and facility equipment is used safely and correctly.

## **National unit specification: statement of standards**

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### **Evidence Requirements**

Performance evidence of the safe and effective demonstration of techniques relating to the exercise and fitness training activity.

Oral or written evidence of understanding of the reasons for using techniques which are safe and effective.

## **National unit specification: support notes**

**UNIT**            Exercise and Fitness - Step (Intermediate 2) (x0.5)

This part of the unit specification is offered as guidance. None of the sections of the support notes is mandatory.

### **GUIDANCE ON CONTENT AND CONTEXT**

This is essentially a practical unit and should be taught in a practical setting with on-going tutorial support. Throughout the unit the candidate is required to operate safely. Safety procedures should include, as appropriate: breathing; spinal/back safety; awareness of others; awareness of personal limitations.

Training procedures should include, where appropriate: warm-up; main content; cool-down. The candidate should also be encouraged to record his/her personal experience of exercise and fitness training. Emphasis should be given to the correct performance of each exercise and a balanced programme of exercises should be carried out during each practical session.

### **GUIDANCE ON TEACHING AND LEARNING APPROACHES**

Underpinning knowledge may be developed by the use of handouts, diagrams, videos and practical demonstration. Most of the unit should, however, be delivered in a practical situation. The use of a log book by the candidate will be an effective method of recording participation.

### **GUIDANCE ON APPROACHES TO ASSESSMENT**

Assessment of this unit lends itself to practical demonstration with oral responses to questions relating to required underpinning knowledge. Tutors must maintain records evidencing candidate's performance. The candidate's log book, monitored and signed off by the tutor, could be used as evidence of achievement through participation. Underpinning knowledge may also be assessed by written short answer questions.

### **SPECIAL NEEDS**

This unit specification is intended to ensure that there are no artificial barriers to learning or assessment. Special needs of individual candidates should be taken into account when planning learning experiences, selecting assessment instruments or considering alternative outcomes for units. For information on these, please refer to the SQA document *Guidance on Special Assessment and Certification Arrangements* (SQA, 1998).