

National Unit Specification: General Information

UNIT	Exercise and Fitness - An Introduction (Intermediate 1) (x0.5)
NUMBER	D682 10
COURSE	This is a free-standing unit that may be associated with 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 three basic types of exercise and fitness training at an introductory level. The exercise and fitness training contexts may be selected from: aqua; exercise to music; gymnasium; circuits; resistance training; step.

This unit is designed as an introduction to three selected types of exercise and fitness training for candidates with little or no previous experience.

OUTCOMES

- 1 Prepare for participation in three selected types of exercise and fitness training.
- 2 Demonstrate safety procedures for participation in three selected types of exercise and fitness training at an introductory level.
- 3 Demonstrate basic techniques relating to three selected exercise and fitness training contexts at an introductory level.

RECOMMENDED ENTRY

Access to this unit is at the discretion of the centre.

CREDIT VALUE

0.5 credits at Intermediate 1.

Administrative Information

Superclass:	MD
Publication date:	December 1998
Source:	Scottish Qualifications Authority
Version:	01

© Scottish Qualifications Authority 1999

This publication may be reproduced in whole or in part for education purposes provided that no profit is derived from reproduction and that, if reproduced in part, the source is acknowledged.

Additional copies of this specification can be purchased from the Scottish Qualifications Authority. The cost is £2.50.

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 - An Introduction (Intermediate 1) (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 three selected types of exercise and fitness training.

Performance Criteria

- a) Personal and facility equipment is appropriate with respect to the selected exercise and fitness training contexts.

Evidence Requirements

Performance evidence of preparation for participation in the three selected types of exercise and fitness training by using appropriate personal and facility equipment.

OUTCOME 2

Demonstrate safety procedures for participation in three selected types of exercise and fitness training at an introductory level.

Performance Criteria

- a) Warm-up and physical preparation is appropriate to each selected exercise and fitness training context.
- b) Equipment used is safe and appropriate to individual requirements.
- c) Cool-down is appropriate to each selected exercise fitness training context.

Evidence Requirements

Performance evidence of participation in warm-up and cool-down and, where appropriate, safe equipment usage.

OUTCOME 3

Demonstrate basic techniques relating to three selected exercise and fitness training contexts at an introductory level.

Performance Criteria

- a) Movement patterns relating to basic techniques are demonstrated correctly.
- b) Body position related to each technique is demonstrated correctly.
- c) Use of personal and facility equipment appropriate to each exercise and fitness training context is demonstrated correctly.

Evidence Requirements

Performance evidence of the correct demonstration of basic techniques relating to each of the three selected types of exercises and fitness training context.

National unit specification: support notes

UNIT Exercise and Fitness - An Introduction (Intermediate 1) (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

At this level the candidate would not be expected to select equipment but should be directed to use appropriate facilities and equipment safely.

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 and effectively. Awareness of safety procedures should include, as appropriate: safe breathing; spinal/back safety; awareness of others; awareness of personal limitations.

Training procedures should include, where appropriate: warm-up; main content; cool-down. Emphasis should be given to the correct performance of each exercise under supervision and guidance, and a balanced programme of exercises, designed by the tutor, should be carried out during each practical session. At this level practical sessions should be tutor-led.

GUIDANCE ON TEACHING AND LEARNING APPROACHES

Underpinning knowledge may be developed by the use of handouts, diagrams, videos and practical demonstration. Most of this unit should, however, be delivered in a practical situation. The unit should be largely tutor-led and candidates should be given guidance and support throughout. 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 responses to oral or written 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).