

## Component Specification

<b>Component title</b>	Health Related Exercise
<b>Award type</b>	Minor
<b>Component code</b>	M1H17
<b>Level</b>	1
<b>Credit value</b>	5
<b>Purpose</b>	<p>This award recognises elementary knowledge, skill and competence associated with exercising safely to promote health. It provides recognition for appropriate use of language and concept.</p> <p>It provides credit towards the <b>Level 1 Certificate in General Learning and the Level 1 Certificate in Communications.</b></p>
<b>Learning outcomes</b>	<p>The learner will be able to:</p> <ul style="list-style-type: none"><li><b>(HRE1)</b> Identify various forms of exercise</li><li><b>(HRE2)</b> Identify appropriate dress for exercise</li><li><b>(HRE3)</b> Participate in a small range of physical activities</li><li><b>(HRE4)</b> Demonstrate safe exercise practice, e.g. <i>warming up, cooling down, dressing appropriately</i></li><li><b>(HRE5)</b> Identify some benefits of exercise</li></ul>
<b>Transfer</b>	Learners who successfully complete this component are eligible to transfer to programmes leading to other awards at Level 1 as appropriate to the requirements for the specific named award.
<b>General assessment requirements</b>	See Assessment Guidelines for Providers. The Guidelines describe the assessment technique (s) identified below.
<b>Specific assessment requirements</b>	In order to demonstrate they have reached the standards of knowledge, skills and competence outlined in this component, learners are required to complete a collection of work/portfolio.

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## **Evidence**

This may include:

- Skills demonstration
- Photographs, audio/video tapes, collage, cloze exercise, labelled maps/tickets/other documentary evidence of a visit to a fitness venue, or of participation in physical exercise
- Tutor verification, for example a description by the tutor of what was done by the candidate, clearly signed off by the tutor and the candidate

## **Grading**

The achievement of awards at Level 1-3 are graded as follows:

**Successful** indicates that the learner has achieved **all** the learning outcomes, within a narrow range of predictable and structured contexts.

**Referred** indicates more learning is required to enable satisfactory achievement of one or more learning outcomes.

## **Specific validation requirements**

All quality assurance registered providers wishing to offer programmes leading to this award should have the appropriate and sufficient resources in place or allocated prior to submitting an application for programme validation.

All applications for programme validation with regard to components should identify the certificate or certificates that the learner can overtime achieve.

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