

## Component Specification

<b>Component title</b>	Health Related Exercise
<b>Award type</b>	Minor
<b>Component code</b>	M2H17
<b>Level</b>	2
<b>Credit value</b>	5
<b>Purpose</b>	<p>This award recognises basic knowledge, skill and competence in exercise to promote personal health. It provides recognition for appropriate use of language and concept within a variety of familiar and well supported contexts.</p> <p>It provides credit towards the <b>Level 2 Certificate in General Learning</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 three personal benefits of regular exercise</li><li><b>(HRE2)</b> Outline a personal weekly exercise plan</li><li><b>(HRE3)</b> Demonstrate the principles of safe exercise practice, e.g. <i>warming up, cooling down, wearing appropriate footwear and clothing</i></li><li><b>(HRE4)</b> Maintain an exercise routine in a well structured environment</li></ul>
<b>Transfer</b>	Learners who successfully complete this component are eligible to transfer to programmes leading to other awards at Level 2 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>	<p>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.</p> <p><b>Evidence</b></p> <p>This may include:</p> <ul style="list-style-type: none"><li>• Skills demonstration</li><li>• Exercise log</li><li>• Charts, collages, close exercises</li><li>• Photographs, audio/video tapes</li><li>• 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</li></ul>
<b>Grading</b>	The achievement of awards at Level 1-3 are graded as follows:

(Issued: November 2006)

**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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