



**The Whitley
AP Academy**



Unit 10:

Taking part in exercise and fitness

Name:



Name: _____

Date: _____

Learner Name: _____

Unit No/ Title: 10/Taking part in exercise and fitness

Summary of Learning Outcomes

To achieve this unit the learner must:

1. Know about different exercise and fitness activities and facilities
2. Know how to take part in exercise and fitness safely
3. Be able to demonstrate work skills through participation in exercise and fitness activities
4. Be able to review own performance

Start Date _____

Finish Date _____

Grading and Assessment:

In order to pass this unit, the evidence that the learner presents for assessment needs to demonstrate that they can meet all the learning outcomes for the unit. The assessment criteria determine the standard required to achieve the unit.

Teacher Name	Teacher Signature	Date of Assessment	IV sampled

Internally verified	By		Date	
---------------------	----	--	------	--

Note:

1. It is essential you read and are clear of all aspects of the unit and any assignments.
2. This sheet must be handed in with the completed unit/assignment.
3. Work must be handed in on or before the completion date.
4. All information sources must be referenced.

I can confirm that all the work completed in this unit is my own:

Learner signature: _____

Teacher signature: _____

I.V. signature: _____

Name:

Date:



**The Whitley
AP Academy**

Learning Outcome 1:

Know about different exercise and fitness activities

LO 1.1:

Describe different exercise and fitness activities

LO 1.2:

Identify different exercise and fitness facilities

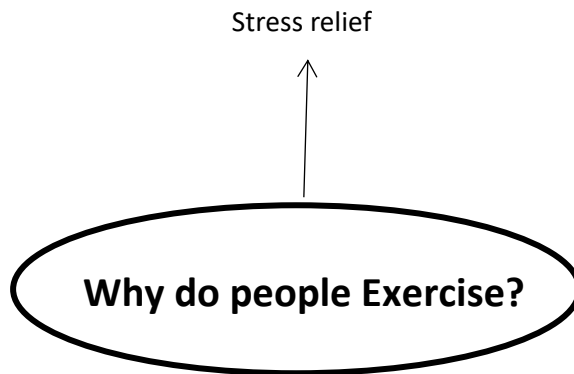
Name:

Date:



Learning Outcome 1.1: Describe different Exercise and Fitness Activities

Task – List at least 5 different reasons why people may exercise; think about the physical and mental well-being benefits of exercise.



Out of the reasons for exercise listed above, which one do you think is the most important and why?

Name:

Date:



Learning Outcome 1.1: Describe different Exercise and Fitness Activities

Task – List as many different exercises as possible, describing in detail each activity and what equipment/facilities are needed for each

Exercise/Fitness Activity	Description	Equipment/Facilities needed
Running	Running is moving rapidly on foot. It can be done outside or in a gym on a treadmill. It is used to develop aerobic endurance.	Running shoes/gym/outdoors

Name:

Date:

Learning Outcome 1.1: Describe different Exercise and Fitness Activities

Task – Describe the physical benefits of each piece of gym equipment listed in the table below

Gym Equipment	Physical Benefits
Treadmill	Develops aerobic endurance/Can help to reduce fat/Can aid in sports performance.
Exercise Bike	
Free Weights	
Multi-gym	
Boxing Bag	
Skipping Rope	
Squat Rack	
Rowing Machine	
Kettlebells	
Medicine Balls	
Weighted Rope	
Pull-up Bar	

Name:

Date:

Learning Outcome 1.2: Describe different Exercise and Fitness Facilities

FACILITIES
Definition: _____

There are three main types of exercise and fitness facilities:

1. _____
2. _____
3. _____

These types of facilities are referred to as sectors. They describe how a facility is managed or run.

Public Sector	
Local Example	
Description	

Name:

Date:

Private Sector	
Local Example	
Description	

Voluntary Sector	
Local Example	
Description	

Name:

Date:



The Whitley
AP Academy

Learning Outcome 2:

Know how to take part in exercise and fitness safely

LO 2.1:

Describe an induction process for an exercise and fitness activity

LO 2.2:

Describe warm-up and cool down activities

Name:

Date:

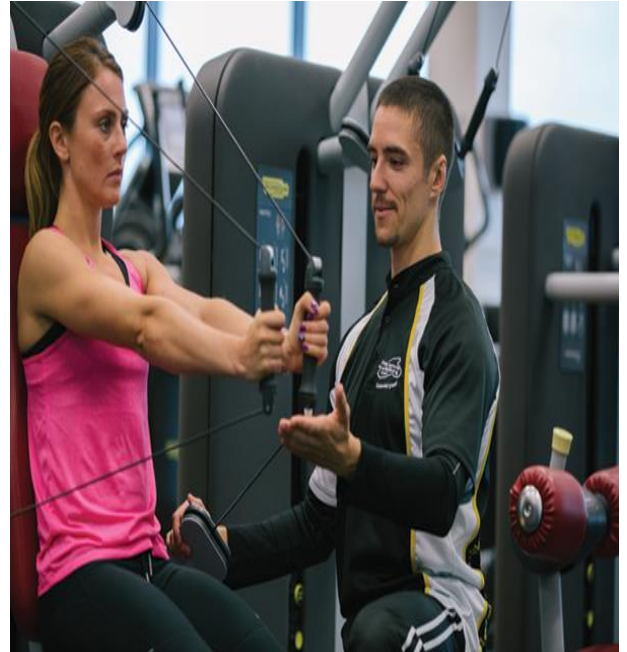
Learning Outcome 2.1: Describe an induction process for an exercise and fitness activity

Induction

The advice and assistance of staff is especially important if you are a new starter.

You need to know how to exercise and use equipment safely so

When you are getting started with a new activity or exercise you will need help to make sure that you understand



An Induction will take you through a number of steps:

1.

2.

3.

4.



Name:

Date:

Learning Outcome 2.1: Describe an induction process for an exercise and fitness activity

Physical Activity Readiness Questionnaire (PAR-Q)

	Yes	No
1. Do you have a bone or joint problem which could be made worse by exercise?		
2. Has your doctor ever said that you have a heart condition?		
3. Do you experience chest pains on physical exertion?		
4. Do you experience light-headedness or dizziness on exertion?		
5. Do you experience shortness of breath on light exertion?		
6. Has your doctor ever said that you have a raised cholesterol level?		
7. Are you currently taking any prescription medication?		
8. Is there any history of coronary heart disease in your family?		
9. Do you smoke? If so, how many each day?		
10. Do you drink more than 21 units of alcohol (M) or 14 units (F) each week?		
11. Are you diabetic?		
12. Do you take part in physical activity less than 3 times each week?		
13. Are you pregnant?		
14. Are you asthmatic?		
15. Do you know of any other reason why you should not exercise?		

If you have answered yes to any of the questions please give more details:

All answers will be treated in the strictest of confidence and the information will not be shared with any other parties.

If you have answered yes to one or more questions you will have to consult with your doctor before taking part in exercise.

If you have answered no to all questions you are ready to start a suitable exercise programme.

I have read, understood and answered all questions honestly and confirm that I am willing to engage in a programme of exercise that has been prescribed to me.

Name _____ Signature _____ Date _____

Trainer's name _____ Trainer's signature _____ Date _____

Name:

Date:



Learning Outcome 2.2: Describe warm-up and cool down activities

What is the purpose of a warm-up?

How do I warm-up?

Warm-ups come in 2 phases:

1. _____

2. _____

Name:

Date:



Learning Outcome 2.2: Describe warm-up and cool down activities

Task

Select a sport or fitness activity then describe and explain the pulse raiser and dynamic stretches chosen for that sport or activity

Activity: _____

1. Pulse Raiser

2. Dynamic Stretches

Name:

Date:



Learning Outcome 2.2: Describe warm-up and cool down activities

What is the purpose of a cool down?

How do I cool down?

Cool downs come in 2 phases:

1. _____

2. _____

Name:

Date:



Task

Select a sport or fitness activity then describe and explain the light activity and static stretches chosen for that sport or activity

Activity: _____

1. Light Activity

Handwriting area for '1. Light Activity' with 10 horizontal lines inside a red rounded rectangle.

2. Static Stretches

Handwriting area for '2. Static Stretches' with 10 horizontal lines inside a yellow rounded rectangle.

Name:

Date:



The Whitley
AP Academy

Learning Outcome 3:

**Be able to demonstrate work skills
through participation in exercise and
fitness activities**



Name:

Date:

Body Weight Circuit Training Session

Learning Outcome 3: Be able to demonstrate work skills through participation in exercise and fitness activities

Activity <i>Each exercise should be completed in 1 minute with no rest</i>	Repetitions	Bronze Challenge	Silver Challenge	Gold Challenge	
Abdominal Crunches		20 reps	30 reps	40 reps	50 reps
Tricep Dips		15 reps	25 reps	35 reps	40 reps
Squat		25 squats	35 squats	45 squats	60 squats
Press ups		15 reps	25 reps	35 reps	40 press ups
Tuck Jumps		20 jumps	30 jumps	40 jumps	50 jumps
Plank		30 seconds	40 seconds	50 seconds	60 seconds
Wall sit		30 seconds	40 seconds	50 seconds	60 seconds
Steps		30 seconds	40 seconds	50 seconds	60 seconds
Boxing		30 punches	40 punches	50 punches	60 punches

Name:

Date:



The Whitley
AP Academy

Learning Outcome 3 - Be able to demonstrate work skills through participation in exercise and fitness activities

Task – Have a family member observe you taking part in a fitness and exercise session and fill in the following form

RECORD OF ACTIVITY – Exercise and Fitness

Observation Record	
Learner name:	
Qualification:	Pearson BTEC Level 1 Certificate in Sport and Active Leisure
Unit number & title:	Unit 10: Taking part in Exercise and Fitness
Name of Observer:	Mr Luke Dennis
Date of Activity:	
Assessment criteria targeted:	
Have they dressed appropriately?	
Active Participation	
Time management	

Name:

Date:



The Whitley
AP Academy

Following Instructions	
Demonstrated safe practice?	

Description of activity undertaken:

- (what the learner did)
- the evidence provided/questions asked and answers given:

--

I confirm this is an accurate record of the activity undertaken

Learner signature:		Date:	
*Assessor/*Witness signature: *please delete as applicable			
Role:		Date:	




Name:

Date:

Weighted Circuit Training Session

Learning Outcome 3: Be able to demonstrate work skills through participation in exercise and fitness activities

Activity <i>Each exercise should be completed in 1 minute with no rest</i>	Repetitions	Bronze Challenge	Silver Challenge	Gold Challenge	
Medicine Ball Ab Crunches (3kg)		15 reps	20 reps	25 reps	30 reps
Shoulder Press (5kg)		15 reps	20 reps	25 reps	30 reps
Squat (Barbell)		15 reps	20 reps	25 reps	30 reps
Chest Press (Barbell)		8 reps	12 reps	16 reps	20 reps
Bicep Curl (5kg)		15 reps	20 reps	25 reps	30 reps
Medicine Ball Slams (5kg)		15 reps	20 reps	25 reps	30 reps
Weighted Step Ups (3kg)		20 steps	30 steps	40 steps	50 steps

Name:

Date:



The Whitley
AP Academy

Learning Outcome 3 - Be able to demonstrate work skills through participation in exercise and fitness activities

Task – Have a family member observe you taking part in a fitness and exercise session and fill in the following form

RECORD OF ACTIVITY – Exercise and Fitness

Observation Record	
Learner name:	
Qualification:	Pearson BTEC Level 1 Certificate in Sport and Active Leisure
Unit number & title:	Unit 10: Taking part in Exercise and Fitness
Name of Observer:	Mr Luke Dennis
Date of Activity:	
Assessment criteria targeted:	
Have they dressed appropriately?	
Active Participation	
Time management	

Name:

Date:



Following Instructions	
Demonstrated safe practice?	

Description of activity undertaken:

- (what the learner did)
- the evidence provided/questions asked and answers given:

--

I confirm this is an accurate record of the activity undertaken

Learner signature:		Date:	
*Assessor/*Witness signature: *please delete as applicable			
Role:		Date:	

Name:

Date:



The Whitley
AP Academy

Learning Outcome 4:

Be able to review own performance

LO 4.1:

Identify own strengths and areas for improvement in exercise and fitness activities

LO 4.2:

Suggest ways of improving own performance in one activity

Name:

Date:



Learning Outcome 4.1: Identify own strengths and areas for improvement in exercise and fitness activities

Task – Using the results from one of the circuit training sessions completed in Learning Outcome 3, describe and explain your strengths and areas for improvement in the tables below

Exercise and fitness class/session	
<p>Strengths Highlight any strength's that you notice in your performance...</p>	

Name:

Date:



Learning Outcome 4.2: Suggest ways of improving own performance in one activity

S	
M	
A	
R	
T	

Name:

Date:



Circuit training session you are wanting to improve

Short-term goal

Long term goal

Name:

Date:



The Whitley
AP Academy

Week 1 timetable to improve performance

Week 1						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

Week 6 timetable to improve performance

Week 6						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

