

Award in Exercise Studies

Level 1 ⋮ 90glh ⋮ 12 credits

Being physically active offers many rewards. As well as helping weight loss and improving fitness, exercise can help to reduce stress levels, improve sleep patterns, increase life quality and expectancy, and reduce the risk of heart disease, diabetes and some forms of cancer. This course will help learners to identify and improve their own levels of fitness, and support them in making exercise part of their everyday life.

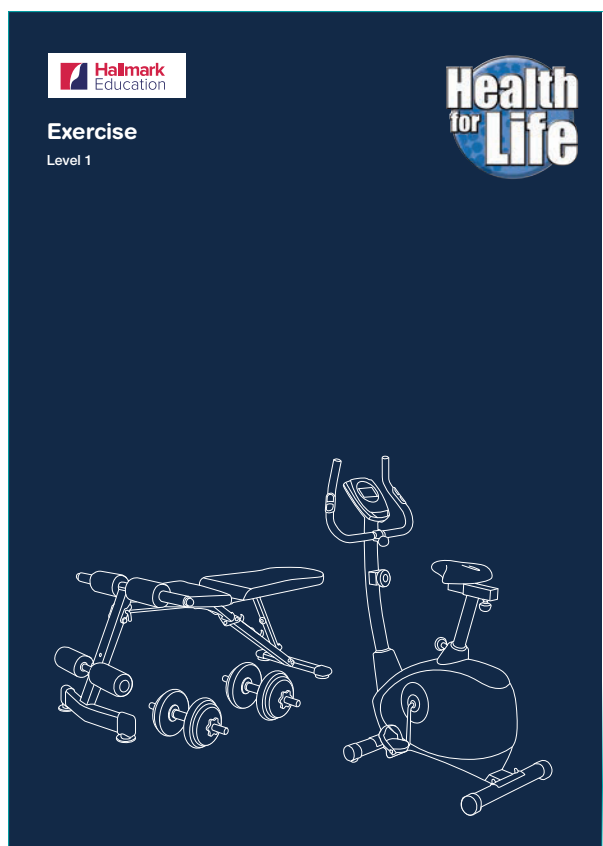
Who is it for?

The Award in Exercise Studies is suitable for anyone who is interested in improving their performance, enhancing their personal development and gaining an understanding of the benefits of exercise and fitness. It will be particularly useful to people who want to work in the sports and fitness industry, as well as those wishing to return to education or those preparing for work.

What are the benefits of doing this course?

This course offers an interesting and enjoyable route to improved fitness and focuses on the learners as individuals – enabling them to design their own fitness plan. Because learners don't need to attend college on a regular basis in order to complete the course, it is ideal for work-based learning and can be used to support continuous professional development.





Course content

The Level 1 Award in Exercise Studies comprises three mandatory units.

*Unit 01: Understand the principles of exercise and fitness
(Credit value: 4) (A/600/6246)*

*Unit 02: Demonstrate an understanding of safety factors relating to exercise
(Credit value: 4) (F/600/6247)*

*Unit 03: Apply the principles of a training programme
(Credit value: 4) (L/600/6249)*

Each unit contains assessments and activities designed to cover the specific learning outcomes.

Entry requirements

Learners wishing to undertake the Award should be aged 14 or over. There are no specific recommended prior learning requirements for this qualification.

Progression opportunities

Learners who successfully complete the course will achieve a nationally recognised qualification, which may also lead to further study. Please go to www.hallmarkeducation.org.uk for full details of courses available from Hallmark.

Information for learning centres:

Qualification reference number:

500/7997/9

Awarding organisation:

NCFE (see www.ncfe.org.uk)

Course delivery and assessment

Candidates will be provided with the course materials for the programme and will be required to work through a series of tasks and activities designed to reinforce the learning process and demonstrate their knowledge. The qualification is internally assessed, with the candidate producing a portfolio of work that demonstrates achievement of all learning outcomes.

For further information, please contact:

Hallmark Education Ltd, Cofton Barn, Trent Lane, Kings Newton, Derbyshire, DE73 8BT

t: 01332 410067 e: info@hallmarkeducation.org.uk

www.hallmarkeducation.org.uk