

**Tracking sheet –** Participating in Exercise

This unit enables learners to experience active participation in physical exercise. Learners will be able to develop their physical abilities as well as understand the benefits of participation in exercise and then look at ways to safely incorporate exercise into their lifestyles.

**SCQF Level 3**

**Learner name**  **Centre name**

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| **To do this you must** | **Page number** | **Assessment date** |
| 1. Understand the benefits of exercise | | |
| 1.1 State benefits of exercise |  |  |
| 1. Understand how to reduce risks when participating in exercise | | |
| 2.1 Identify risks associated with exercise |  |  |
| 2.2 State how you could reduce the risk when participating in exercise |  |  |
| 1. Be able to participate in exercise | | |
| 3.1 Identify local facilities that could be used for participating in exercise |  |  |
| 3.2 Participate in:  a) a warm up  b) exercise  c) a cool down |  |  |
| 1. Be able to review own participation in exercise | | |
| 4.1 Identify something that you enjoyed about taking part in exercise |  |  |
| 4.2 Identify how you could make own life more active |  |  |
| **Assessor feedback** | | |
|  | | |
| **Declaration** I confirm that the details above are correct, that the evidence submitted is the learner’s own work and that the learner meets all the requirements for the unit: | | |
| Learner Name Assessor Name  Learner Signature Assessor Signature  Date Date | | |