

**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 4**

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

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| **To do this you must** | **Page number** | **Assessment date** |
| 1. Understand the benefits of exercise
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| 1.1 Give examples of social and health benefits of exercise |  |  |
| 1. Understand how to reduce risks when participating in exercise
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| 2.1 Give examples of risks associated with exercise |  |  |
| 2.2 State how you could reduce the risks when participating in exercise |  |  |
| 1. Be able to participate in exercise
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| 3.1 Give examples of local facilities that could be used for participating in exercise |  |  |
| 3.2 Identify the resources required to participate in a chosen exercise  |  |  |
| 3.3 Participate in:a) a warm upb) exercisec) a cool down  |  |  |
| 1. Be able to review own participation in exercise
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| 4.1 Identify what you enjoyed about taking part in exercise |  |  |
| 4.2 Give examples of how you could make own life more active |  |  |
| **Assessor feedback** |
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| **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 SignatureDate Date  |