

**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 5**

**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 Describe the social and health benefits of exercise |  |  |
| 1.2 Explain the skills or abilities that could be developed when participating in exercise |  |  |
| 1. Understand how to reduce risks when participating in exercise | | |
| 2.1 Describe risks associated with exercise |  |  |
| 2.2 Explain how you could reduce the risks when participating in exercise |  |  |
| 1. Be able to participate in exercise | | |
| 3.1 Describe local facilities that could be used for participating in exercise |  |  |
| 3.2 Describe the resources required to participate in a chosen exercise |  |  |
| 3.3 Participate in:  a) a warm up  b) individual exercise  c) team exercise  d) a cool down |  |  |
| 1. Be able to review own participation in exercise | | |
| 4.1 Review your participation in the individual and team exercises |  |  |
| 4.2 Produce an action plan for making 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 Signature  Date Date | | |