### Learning Outcomes

<table>
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<th>The student should be able to</th>
<th>Assessment Criteria</th>
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| 1 Understand what is meant by the terms ‘Exercise, Health and Lifestyle’ | 1.1 Describe what is meant by the term ‘Exercise’  
1.2 Describe what is meant by the term ‘Health’  
1.3 Describe what is meant by the term ‘Lifestyle’ |
| 2 Understand the benefits, motivations and barriers of regular exercise participation | 2.1 Describe at least three motivations and three barriers to regular exercise participation  
2.2 Describe at least three benefits of regular exercise |
| 3 Understand the relationship between regular physical activity and illness | 3.1 Examine the role of regular physical activity in maintaining good mental health  
3.2 Explore the relationship between a lack of regular physical activity in relation to incidence of Cardiovascular disease, diabetes, Osteoporosis and Depression  
3.3 Describe possible over-use injuries, together with their causes and effects |
| 4 Understand the social benefits to leading an active lifestyle | 4.1 Explore the social benefits of participating in regular physical activity  
4.2 Describe the impact of regular physical activity on independence and life expectancy |

### Assessment Methodology

A formal unseen two-hour written examination

### Grading of this unit

The following grade descriptors will be applied to the assessment of this unit:

1 Understanding of the subject  
2 Application of Knowledge  
5 Communication and Presentation  
6 Autonomy and/or Independence  
7 Quality

Please refer to the QAA Grade Descriptors for detail of the components of each descriptor.
Indicative Content

**Learning Outcome 1**

Provide definitions and examples of Exercise, Health and Lifestyle.

**Learning Outcome 2**

Benefits of regular exercise: prevention and management of disease eg coronary heart disease, hypertension, obesity, arthritis, osteoporosis; weight management and quality of life; Psychological and social benefits; eg reducing anxiety and stress; effect on self-esteem, social effects, reducing depression.

Barriers to Regular exercise: Psychological and social: Poor self-esteem. Peer pressure, lack of role models, poverty

Environmental: Facilities, climate.

Motivations: Role model, Local and national initiatives. Incentives(intrinsic /extrinsic)

**Learning Outcome 3**

Excessive stress: causes eg emotional, environmental, work, life; personality; the need for stress; stress management techniques; stress hormones (fight or flight); analysis of effects of stress on health using data and relevant theories. Effects of exercise on stress/depression-Physiological and psychological effects.

Effects of exercise on weight management- diet, exercise, diet and exercise combined. Energy balance: energy balance eg basic metabolic rate, metabolic rate, energy requirements of different activities, calorific value of foods.

Over-use injuries: Achilles tendonitis; Achilles paratendinitis; plantar fasciitis; patellofemoral syndrome; Osgood Schlatters. Muscle tears, ligament and tendon tears/strains.

**Learning Outcome 4**

Prevention of life threatening conditions eg, cardio vascular disease, diabetes, hypertension, obesity.

Causes of conditions.

Social benefits: Friendship,
Psychological effects of exercise – wellbeing
Government initiatives and strategies both local and national.

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