Unit Information

Unit: Exercise Health and Lifestyle
Level: 3
Credit Value: 6

What you will study:
You will learn what is meant by ‘exercise’, ‘health’ and ‘lifestyle’. You will learn about the benefit, motivations and the barriers to regular exercise.
You will also learn about the relationship between regular exercise and illness, including the effects on weight management and over-use injuries.
The unit will also cover the social benefits to participating in regular exercise, and the prevention of life-threatening conditions. You will learn about some government initiatives and strategies that try to increase participation in regular exercise.

How you will be assessed:
1. You will complete a number of short answer questions.
2. You will sit a 30-minute exam via Skype.