**Learning Outcomes**

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

Please note that the indicative content supplied below is intended as a suggested guide only. It is not meant to be a prescriptive, exhaustive or fully delivered content list.

Learning Outcome 1

Provide definitions and examples of exercise, health and lifestyle.

Learning Outcome 2

Benefits of regular exercise: prevention and management of disease, e.g. coronary heart disease, hypertension, obesity, arthritis, osteoporosis; weight management and quality of life.

Psychological and social benefits, e.g. 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, e.g. 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, e.g.: 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, e.g. 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.