

Unit 14 Instructing Physical Activity And Exercise

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Unit 14 Instructing Physical Activity

Unit 14: Instructing Physical Activity and Exercise Unit code: F/502/5726 QCF Level 3: BTEC National Credit value: 10 Guided learning hours: 60 Aim and purpose The aim of this unit is for learners to be able to design, plan, deliver and review exercise sessions which meet the needs of different client groups. Unit introduction

Unit 14: Instructing Physical Activity and Exercise

Unit description and aims, as well as explanation of the grading criteria and assessments.

Unit 14 Instructing Physical Activity and Exercise by ...

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activity selection. Learners will then assist in instructing a variety of exercise sessions. The final part of the unit requires learners to review their exercise sessions in order to determine their personal development needs as an instructor and future client needs. Learning outcomes On completion of this unit a learner should:

Unit 14: Exercise and Fitness Instruction

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Unit 14 Instructing Physical Activity And Exercise

Unit 14: Exercise, Health and Lifestyle Unit code: T/502/5724 QCF Level 3: BTEC National Credit value: 10 Guided learning hours: 60 ... lifestyle improvement and plan a health-related physical activity programme. The unit is particularly relevant for individuals aiming to work in the exercise and fitness industry or in health promotion.

Unit 14: Exercise, Health and Lifestyle

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Unit 14 Instructing Physical Activity And Exercise

Assignment 1 Aim & Purpose The aim of this unit is to equip learners with the knowledge and skills required to plan an exercise programme and assist in instructing an exercise session. Learning Outcomes 1 Know the principles of exercise session design and exercise programming 2 Be able to plan an exercise programme 3 Be...

Unit 14 - Exercise & Fitness Instruction | Physical ...

Unit 14 Instructing Physical Activity Unit 14: Instructing Physical Activity and Exercise. Unit code: F/502/5726 QCF Level 3: BTEC National Credit value: 10 Guided learning hours: 60. Aim and purpose. The aim of this unit is for learners to be able to design, plan, deliver and Page 6/23. Where To Download Unit 14

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Unit 14 - Instructing Physical Activity and Exercise; Essay Instructing physical activity exercise. This assignment starts by outlining the principles of training, health and safety aspects as well as a consideration which can be made for adaptations for training. ...

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Instructing Physical Activity and Exercise. Sports Nutrition. Applied Sport and Exercise Physiology. Exercise for Specific Groups. Sports Coaching. The Athlete's Lifestyle. This unit links with ...

Unit 14 Exercise Health and Lifestyle by Danny Bidwell - Issuu

Unit 14: Instructing Physical Activity. Teacher: Alex FLOWER; Instructing PA Home Moodle - Worcester Sixth Form College. Moodle community; Moodle Docs; Moodle support; Contact us. Worcester Sixth Form College, Spetchley Road, Worcester WR5 2LU Phone : 01905 362600 E-mail : ...

Summary of Unit 14: Instructing Physical Activity

Unit 15: Instructing Physical Activity Cool downs Components: Lowering of pulse rate, stretches, developmental stretches Functions: Return the heart rate to normal, removal of waste products that may have built up, return the muscles to the original state (length), reduce the

Unit 15: Instructing Physical Activity by Laura Walker

Unit 14: Exercise, Health and Lifestyle. Unit code: T/502/5724. QCF Level 3: BTEC National. Credit value: 10. ... Instructing Physical Activity and Exercise at Level 3 ...

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