

Level 1 Award in **Exercise Studies**

Key info

Type of qualification: QCF

Guided Learning Hours: 90

Credit Value: 12

Course overview

Regular physical activity helps reduce stress levels, improve sleep patterns, increase life expectancy and enhance quality of life, while also reducing the risk of heart disease, diabetes and some forms of cancer.

This qualification is ideal for anyone with an interest in personal health and well-being as factors in improving exercise performance and enhancing personal development. It is also suited to those who want to gain an understanding of the benefits of exercise and fitness.



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Who is suitable?

This is an ideal introductory programme for those who require a greater understanding of how to improve their personal health and fitness, and who want to gain knowledge of the benefits of exercise.

Learning method

Studying via distance learning means you can choose when and where you study.

This course is available:

 **Online**  **Paper-based**

 **Paper-based learning with online assessments**

The online course is available on The Skills Network's online learning platform, **EQUAL**. Online learning with a difference, **EQUAL** features:

- **Exciting and engaging content**
- **Interactivity – featuring videos and games to enhance learning**
- **Virtual tutors who offer hints, tips and guidance throughout the course.**

What you will learn

This course is split into three manageable units:

Unit 1 Understand the principles of exercise and fitness

Unit 2 Demonstrate an understanding of safety factors relating to exercise

Unit 3 Apply the principles of a training programme

Benefits

- Gain a nationally recognised qualification
- Create a long-standing career pathway within the health and fitness industry
- Courses are delivered as distance learning, allowing learners to choose when and where to study
- Personal tutors are assigned to ensure learners have the support needed to succeed.

no exams
just assessments