Understanding health and exercise

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Source: http://www.ncfe.org.uk/download/qualspec/100-6039-X-qualspec.pdf [1] page 11

Understanding health and exercise (QCA Unit No. Y/500/1125) Candidates are introduced to the concept of health and well-being, to improve exercise and how it directly affects their long-term health status. A basic and the knowledge and understanding to allow the individual to take part appropriate manner will also be covered. Factors that have a negative effect the 'feel good' factor and the importance of personal motivation in setting an exercise routine will also be covered. The unit has five elements:

Element 1.1 Understand the concepts of health and well-being **[2]**

Element 1.2 Understand basic anatomy and physiology **[3]**

Element 1.3 Understand the importance of exercising safely **[4]**

Element 1.4 Understand negative factors affecting health and well-being **[5]**

Element 1.5 Understand factors affecting personal motivation **[6]**

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