

Assisting health related activity sessions

Introduction

This qualification is at Level 1 on the National Qualifications Framework. Candidates will learn how to plan, prepare and assist in the delivery of activity sessions using a range of activities.

Entry requirements

This qualification is open to all, no previous experience is required.

Qualification structure

Unit 1 - Assist with Planning and Preparing an Activity Session (F/501/3642)

Unit 2 - Assist in Delivering an Activity Session (F/501/3642).

Assessment

Internally assessed:

- Activity plan
- Direct observation of candidate assisting with the delivery of an activity session
- Diary - covering 20 hours of planning and delivery
- Two completed self evaluation forms

Suitability

The qualification is suitable for students who have an interest in health and fitness from the age of 15.

Schools can qualify students to assist with physical education classes, gifted & talented camps, after school clubs and sports teams.

Contact Gryphon Training

For further details please email:

info@gryphontraining.co.uk

Or visit:

www.gryphontraining.co.uk

