

Unit Title: Personal Development Through Sport
Unit Level: Level 3
Unit Credit Value: 2
GLH: 14
LASER Unit Code: WJE873
Ofqual Unit Code: A/507/1569

This unit has 3 learning outcomes.

LEARNING OUTCOMES		ASSESSMENT CRITERIA	
The learner will:		The learner can:	
1.	Understand how sport can help personal development.	1.1	Compare and contrast how different sports can help personal development to include: a) individual sport b) team sport.
		1.2	Identify sport(s) that can contribute to own personal development.
		1.3	Explain how participation in sport(s) could support own personal development.
2.	Be able to demonstrate reliability and commitment through participation in sport.	2.1	Participate actively in individual or team sport(s) on a regular and sustained basis.
3.	Be able to reflect on own development as a result of participation in sport.	3.1	Assess development of own skills and/or knowledge as a result of participation in sport.
		3.2	Assess whether development has taken place in any unexpected areas of skills and/or knowledge.
		3.3	Evaluate how own participation in sport(s) has contributed to overall personal development.
		3.4	Review any barriers or challenges to participation and how these were overcome.
		3.5	Decide whether to continue to participate in chosen sport(s), explaining reasons for decisions.

Assessment Guidance:

NA

Additional Information:

NA