**Portfolio Assessment Summary Form**

**Level 2 Award for Young Health Champions**

**Unit 5: Encouraging Physical Activity**

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| **Learning Outcome/Assessment Criteria** | **Evidence for Achievement1** | **Assessor Decision2** |
|  |  |  |
| **Understand the health benefits of physical activity** |  |  |
|  |  |  |
| 1.1 Describe THREE effects of physical activity on health  |  |  |
| 1.2 Describe THREE effects of physical activity on mental health and wellbeing |  |  |
| 1.3 Outline the recommended levels of physical activity required for health for young people and adults |  |  |
|  |  |  |
| **Understand factors that affect an individual’s participation in physical activity** |  |  |
|  |  |  |
| 2.1 Outline THREE social factors that may affect an individual’s participation in physical activity  |  |  |
| 2.2 Outline THREE individual-specific factors that may affect participation in physical activity |  |  |
|  |  |  |
| **Know how to encourage individuals to increase their level of physical activity** |  |  |
|  |  |  |
| 3.1 List THREE agencies/organisations which encourage physical activity for health and outline the services provided  |  |  |
| 3.2 Describe THREE ways by which an individual could be encouraged to increase their level of physical activity  |  |  |
| 3.3 Identify THREE barriers to changing behaviour with regard to physical activity and how these can be overcome |  |  |

Award of unit / qualification recommended:

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| --- | --- | --- | --- | --- |
|  | YES / NO | Name | Signature | Date |
|  |  |  |  |  |
| Assessor |  |  |  |  |
| Internal Verifier |  |  |  |  |