

**-SQA-SCOTTISH QUALIFICATIONS AUTHORITY**

**Hanover House  
24 Douglas Street  
GLASGOW G2 7NQ**

**NATIONAL CERTIFICATE MODULE DESCRIPTOR**

<b>-Module Number-</b>	<b>0090009</b>	<b>-Session-1989-90</b>
<b>-Superclass-</b>	<b>MA</b>	
<b>-Title-</b>	<b>PHYSICAL EDUCATION: AN ACTIVITY APPROACH</b>	
<b>-DESCRIPTION-</b>		
Purpose	This module introduces the student to a range of physical activities and develops his/her knowledge and skills through active participation.	
Preferred Entry Level	No formal entry requirements.	
Learning Outcomes	The student should: <ol style="list-style-type: none"><li>1. identify appropriate facilities and equipment required for safe participation in physical activities;</li><li>2. participate to the best of his/her ability in selected physical activities.</li></ol>	
Content/ Context	<u>Corresponding to Learning Outcomes 1-2:</u>  Students should be encouraged to participate in a variety of activities although the selection of activities will be influenced by the availability of facilities and expertise.  NB. Safety procedures must be maintained at all times. <ol style="list-style-type: none"><li>1. facilities and equipment required for participation in selected activities;</li><li>2. warm up, warm down procedures; importance of these procedures; significance of fitness in relation to the selected activities; safety aspects;</li></ol> rules and or procedures for each selected activity; technical ability, teamwork.	

**Suggested Learning and Teaching Approaches**

This is essentially a practically based module in which emphasis should be placed on achieving the Learning Outcomes through the student's active participation in the selected activities. The learning and teaching should take place in an appropriate environment. Audio visual material and equipment should be used as appropriate.

Relating to the Learning Outcomes:

The student should be given the opportunity to use a range of facilities and equipment associated with the selected activities.

The student's level of fitness, and his/her strengths and weaknesses should be established by basic methods.

The student should be given the opportunity to put the basic rules and procedures into practice, in individual or group activities as appropriate.

A checklist should be used for formative assessment of all learning outcomes. The student should be kept informed of progress throughout and remedial tuition should be provided in a suitable form when appropriate.

**Assessment Procedures**

For each Learning Outcome, the student will be required to undertake 5 physical activities.

NB. Satisfactory performance of each Learning Outcome will include the observation of safety rules and procedures at all times.

Acceptable performance in the module will be satisfactory achievement of all the performance criteria specified for each Learning Outcome.

The following abbreviations are used below:

LO Learning Outcome  
IA Instrument of Assessment  
PC Performance Criteria

LO1

**IDENTIFY APPROPRIATE FACILITIES AND EQUIPMENT REQUIRED FOR SAFE PARTICIPATION IN PHYSICAL ACTIVITIES**

PC The student:

- (a) identifies appropriate facilities;
- (b) selects appropriate equipment.

## IA Practical Exercise

The student will be tested on his/her ability to identify and select facilities and equipment appropriate to 5 physical activities.

Satisfactory performance will be that the student correctly identifies facilities and selects appropriate equipment for each of the 5 activities undertaken.

LO2

PARTICIPATE TO THE BEST OF HIS/HER ABILITY IN  
SELECTED PHYSICAL ACTIVITIES

PC The student:

- (a) demonstrates warm up and warm down procedures;
- (b) puts relevant rules and/or procedures into practice;
- (c) participates with others;
- (d) performs relevant skills to the best of his/her ability.

## IA Practical Exercise

The student will be tested on his/her ability to participate in 5 selected physical activities. One of the activities undertaken must include a modified team activity.

Satisfactory achievement of the Learning Outcome will be based on completion of all the performance criteria over the 5 activities.

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