

**Unit Title:** Delivering a Chair-based Exercise Programme  
**Unit Level:** Two  
**Unit Credit Value:** 3  
**Guided Learning Hours:** 28  
**Unit Code:** PJ1/2/NE/003  
**Unit Review Date:** 30/04/2025  
*This unit is not part of a regulatory framework*

<b>Additional assessment information</b>	Learning Outcomes 4, 5 and 6 with associated Assessment Criteria: Learners will plan, deliver and evaluate a pre-set programme of 22 chair exercises, including sit to stand exercises.
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<b>Purpose and Aim of the Unit:</b>	Learners will understand the values and principles of adult social care and will develop the skills necessary to plan and deliver chair-based exercise to older adults and/or those less able. Learners will develop the necessary skills, knowledge and competencies in order to work in an unsupervised capacity. Successful completion of the unit would enable learners set up and run sessions in a wide variety of community care and recreational settings.
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This unit has 6 learning outcomes.

<b>Learning Outcomes</b>	<b>Assessment Criteria</b>
<b>The learner will:</b>	<b>The learner can:</b>
1. Understand the values and principles of adult social care.	1.1. Describe the key values and principles of adult social care.
2. Understand chair-based exercise and its value to the health and well-being of adults in care and community settings.	2.1. Explain the value of chair-based exercise to the health and well-being of adults in: (a). a care setting; (b). a community setting.
3. Understand the impact of physiological changes due to aging, disability and inactivity on body systems.	3.1. Explain how the following systems are affected by ageing, disability and inactivity: (a). the skeletal system; (b). the cardio-respiratory system; (c). the nervous system.
4. Be able to plan a safe and effective chair-based exercise session for older adults or those less mobile.	4.1. Plan a safe and effective chair-based exercise session for older adults or those less mobile.
5. Be able to deliver a safe and effective chair-based exercise session to older adults or those less mobile.	5.1. Deliver a chair-based exercise programme including sit to stand exercises. 5.2. Demonstrate correct technique, safety and purpose.
6. Be able to reflect upon a safe and effective chair-based exercise session.	6.1. Evaluate the planning and delivery of a chair-based exercise programme.



PART OF **nocn** GROUP

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## **ASSESSMENT INFORMATION**

One Awards promotes the use of a range of methods to assess the skills and knowledge of learners. Please refer to the Assessment Definitions document (available on the One Awards website) which provides guidance on the use of assessment activities at different levels, the evidence which could be generated from these activities and ways in which the assessment activities could be managed.

When planning assessment tasks for this unit, Centres should ensure that the selected assessment methods are relevant to the subject, the assessment criteria and the needs of learners.

All assessment practice for this unit should take an active account of equality and diversity issues. Centres should refer to the guidance in the One Awards Access to Fair Assessment Policy (available on the One Awards website).

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