

# Assignment Assessment Form

iUSP143 – Principles of exercise, fitness and health

## Instructions:

- Assessors must use this form to evaluate Learners' submitted evidence, which may be a combination of some or all of the types listed below. Please indicate with a ✓ which source of information was submitted and accepted, and indicate with an × evidence submitted but not accepted
- Learners may re-submit evidence for further evaluation at any stage of their course in order to achieve success
- When all evidence has been submitted and accepted Assessors must place a ✓ in the Assignment Completed box. This indicates a pass mark
- The form must be placed with the project evidence for ITEC external verification purposes

	Written Word	Chart	Spider Diagram	Other Pictorial Presentation	Date Accepted
Health benefits of physical activity and risks of inactivity					
Principles, components and variables of fitness					
Contra-indications for special populations including – older people, antenatal and postnatal women, 14 -16 year olds, disabled people					
Effects of exercise on the body					
Assignment Completed				Pass	

**Learner name:** \_\_\_\_\_

**Learner signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Lecturer/Assessor name:** \_\_\_\_\_

**Lecturer/Assessor name signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Internal Quality Assurer Name:** \_\_\_\_\_

**Internally Quality Assurer Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**External Quality Assurer Name:** \_\_\_\_\_

**External Quality Assurer Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(if sampled)

### Document History

Version	Issue Date	Changes	Role
v1	26/09/2019	First published	Qualifications Administrator