
Assignment Guidance Form

iUSP143 – Principles of exercise, fitness and health

- Identify the basic requirements for staying fit, healthy and keeping to a proper exercise regime

To include the following:

- 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

All evidence submitted should be shown in relation to exercise

All evidence listed above may be presented in any of the following formats and may include some ICT:

- List
- Written word
- Chart
- Spider diagram
- Graph
- Other pictorial presentation

Document History

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