
Assignment Guidance Form

iUSP172 – Know how to support clients who take part in exercise and physical activity

Explain why the following are important in your relationship with your client:

- Communication
- Motivation
- Adherence
- Support

All evidence submitted should be shown in relation to exercise

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

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

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications Administrator