

Assignment Assessment Form

iUSP174 – Principles of health and fitness

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

iUSP174 – Principles of health and fitness	Written Word	Chart	Spider Diagram	Graph	Other Pictorial Presentation	Date Accepted
Benefits of what constitutes an active lifestyle						
Short and long term effects of exercise on the body systems						
The components of fitness						
General physiological implications of each training principle and signs and symptoms that may indicate overtraining						
Benefits of healthy eating and the importance of hydration						
Benefits of what constitutes an active lifestyle						
Assignment Completed				Pass		

Learner name: _____

Learner signature: _____ Date: _____

Lecturer/Assessor name: _____

Lecturer/Assessor name signature: _____ Date: _____

External examiner Name: _____

External examiner signature: _____ Date: _____

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualifications and Regulation Co-ordinator