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# Assignment Guidance Form

## iUSP174 – Principles of health and fitness

- Explain the principles and components of an active, healthy lifestyle .

To include the following:

- 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

Analysis of findings may be presented in any of the following formats and may include some ICT:

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

Document History

<b>Version</b>	<b>Issue Date</b>	<b>Changes</b>	<b>Role</b>
v1	27/09/2019	First published	Qualification Administrator