**Assignments Guidance Form**

1. **Principles of health and fitness**

Explain the principles and components of an active, healthy lifestyle

Your writing should be organised under the following headings:

* 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

1. **Professional practice in sports massage**

Explain the significance of maintaining a professional practice in sports massage

Your writing should be organised under the following headings

* The implications of working with:
* Children and vulnerable adults
* Informed consent
* Consequences of non-compliance
* The scope of practice taking into account contra-indications, contra-actions and referral procedures
* Standards relevant to the profession
* Principles of professional practice and standard regulations

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

1. **Understand the principles of soft tissue dysfunction**

Explain the principles of soft tissue dysfunction

Your writing should be organised under the following headings:

* The difference between soft tissue injury and dysfunction
* Common causes of both soft tissue injury and dysfunction
* Factors that may influence soft tissue repair

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