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|  | **Principles of health and fitness (R/506/7222)** |  |

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| **Worksheet** |

Learner’s name:

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| 1. Describe 2 short-term and 2 long-term effects that exercise has on the body. | | | |
| Short-term effects | | a) | |
| b) | |
| Long-term effects | | c) | |
| d) | |
| 2. Describe what could happen if a participant stops exercising suddenly. | | | |
|  | | | |
| 3. Give 2 likely causes of delayed onset of muscle soreness (DOMS). | | | |
| a) | | | b) |
| 4. Describe what is meant by each of the following training principles: | | | |
| Specificity |  | | |
| Overload |  | | |
| Progression |  | | |
| Reversibility |  | | |

|  |  |
| --- | --- |
| 5. Describe 4 signs/symptoms that may indicate overtraining. | |
| a) | b) |
| c) | d) |

**Assessor feedback sheet**

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| Learner’s name: |  | Assessor’s name: |  |

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| **Criteria number** | **Assessor feedback** |
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**Final result**: Pass Refer

I can confirm that the information within this worksheet is entirely my own work.

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| Learner’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |
| Assessor’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |
| IAQ’s signature: |  | Date: |  |
| *\*an electronic signature is acceptable on this document* | | | |