

LESSON 1 - ASSIGNMENT

1. Explain in point form, any official systems of accreditation, registration, and licensing which relate to providing services in the health and fitness industries, on a local, state and national basis. Be concise – no more than one paragraph per point.

2. Describe the status of professionalism, in the health and fitness industry in your country, in a one to two paragraphs. Include at least one example of activity which demonstrates professionalism.

3. Develop a brief set of guidelines for ethical behaviour of staff in a health and fitness industry workplace. You can specify any workplace you wish; for example: a gymnasium, a sporting facility, or a primary school (for P.E. classes). Keep each guideline short, 1-2 sentences.

4. Describe the history of fitness training in your country in half a page or less based on the notes you made during set task 4.

5. Draw a diagram of a cell, labelling the following:

- Nucleus
- Cytoplasm
- Mitochondrion
- Golgi apparatus
- Rough Endoplasmic Reticulum
- Smooth Endoplasmic Reticulum
- Lysosome
- Peroxisome
- Free Ribosome

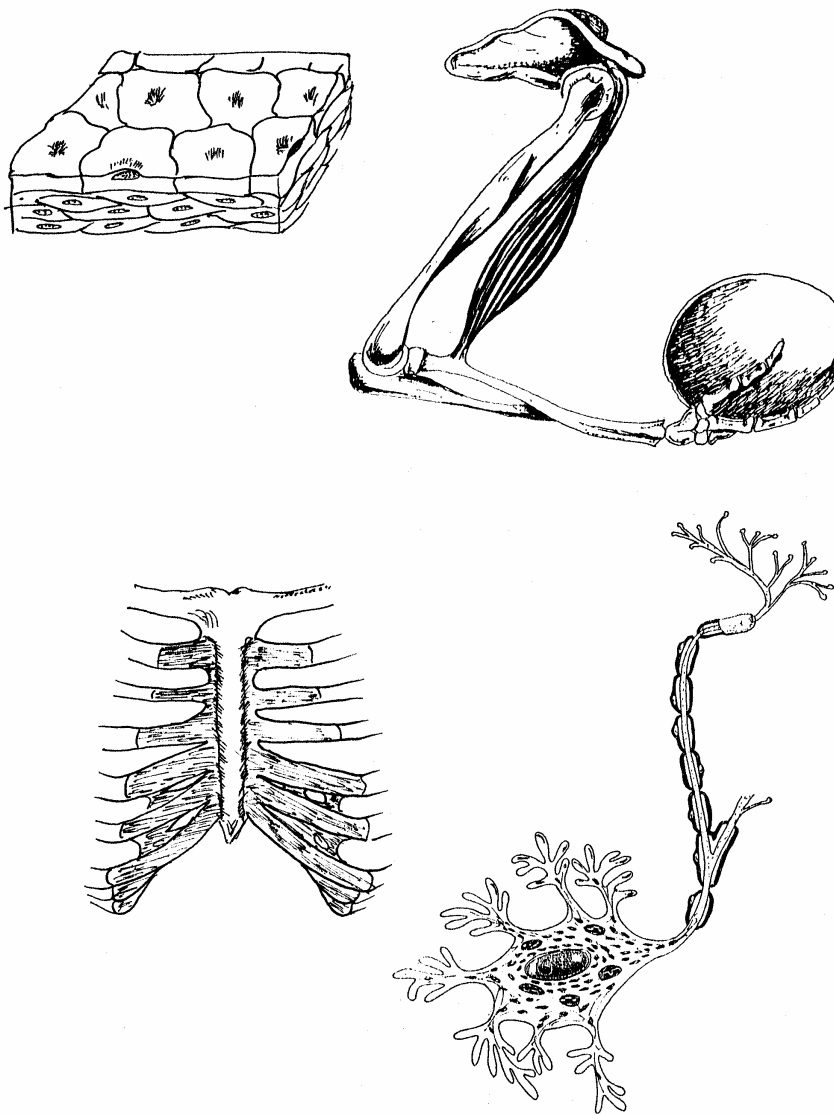
6. Explain in one sentence each, the function of those components of a human cell, as listed in question 5.

7. Label on the unlabelled illustration (or a copy), the components of different types of body tissues, including:

- Epithelial tissue – (give the type of epithelial tissue)
- Connective tissue - (bone, tendon, ligaments, joints)
- Muscle tissue - (give the name of the type of muscle)
- Nervous tissue - (label 5 features)

Tissues

The following diagrams represent epithelial, connective, muscle and nervous tissues.
Label all diagrams where these tissues exist.



8. For each of the following, explain what type of tissue you suspect makes up the structure then explain why in 1-3 sentences. Finally, give two to three examples of problems (injury/disease) that can occur with the tissue type:

The lining of the intestine

The walls of the heart

The tissue that gives the structure of the bronchi

The spinal cord

9. Explain cellular division (mitosis and meiosis) using your own illustrations.

10. Part of being a fitness leader is knowing how to manage your workload, know your objectives and goals. Write a paragraph explaining how you approach workload, objective and goal setting and why.