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# AssESSMENT Submission Coversheet

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| Course Title: |  |
| Unit Title:  |  |
| Unit Code:  |  |
| Learning Outcome: |  |
| Word Count: (Assignments only) |  |
| Student Name:  |  |
| Student ID Number: |  |
| Date of Submission: |  |
| Lecturer’s Name: |  |
| Work which is submitted for assessment must be your own. All students should note that the college has a formal policy on plagiarism which can be found in your course information pack. Assignments should include the following; Copy of the Assignment Question, Contents Page, Introduction, Relevant Content, Summary / Conclusion, Appendices, Citations and Reference page, Bibliography. |
| Student’s Signature:(Type name for electronic submissions) |  |

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| **Official Use Only** |
| **RESULT** | PASS / RE-SIT / FAIL (delete as appropriate) |
| Supportive Comments  |
| Assessors signature: |  |
| Date: |  |

## Outcome 3 Describe the effects of stress on health and wellbeing and utilize methods of stress management/relaxation.

1. **Practical stress/relaxation technique used**

**Candidate name**   **Date**

Fill in the table below, as soon as possible after you have completed a practical session in reducing stress or relaxation. Include as much detail as possible with regards to how you feel under the three headings.

|  |  |  |
| --- | --- | --- |
| **Physical feelings** | **Psychological feelings** | **Emotional feelings** |
| **Example:*** My muscles feel relaxed and are soft to touch.
 | * I feel relaxed.
 | * I feel positive at the moment.
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