**Task description 2.2.1**

**Written Work Assignment Front Sheet**

**2.1 Stress and Relaxation**



**Name of Student Teacher:**

**Date:**

All criteria must be achieved for a Pass. Those that are not achieved will be referred for further assessment. Reasons for referral must be clearly stated in tutors’ comments. Tutors need not comment on all criteria but will comment on specific strengths or areas for development. **The assignment description appears in full in the Unit guidance and answers must be in accordance with it.**

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| **Title: Stress and Relaxation****a) Define stress and explain the effects of stress.****b) Give every day examples from your own experience of how stress arises.****c) Explain what happens to the body during deep relaxation and the benefits of yoga relaxation techniques.** (Note: an explanation of the autonomic nervous system is not required) | This task provides evidence for the following criteria:Unit 2: 4.1 |
| Criteria relevant to the Assignment.(With specific reference to all parts of Essay title) | **Assessment Decision** |
| 1. Include a brief definition of stress, referring to the source of the definition.
2. Distinguish between necessary levels of stress in life, and unhealthy levels of stress.
3. State some of the long term effects of unhealthy levels of stress on the body and mind.
4. Give relevant examples from the students own experience of how stress arises in everyday life.
5. Include a brief description of how the body responds in deep relaxation, referring to the source of this information.
6. Discuss the beneficial effects of yoga relaxation techniques.
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| 1. Written work meets the BWY general criteria for marking essays
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| 1. Use and acknowledgement of sources correct referencing and bibliography.
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| Criterion no. | Tutor’s comments on the achievement of the above criteria. (See also comments made in the margins of coursework itself. |
| Signed (tutor/assessor) Date |
| Student teacher’s commentsSigned (student teacher)Date |