259621 Formative Assessment (30)

1. Define the term fatigue SO1 (2)

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1. Name 3 fundamental anatomy and function of the human endocrine system in relation to the causes of fatigue SO1 AC1(3)

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1. Identify the causes of fatigue SO1 (10)

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1. List 10 effects of special medical conditions and prescribed medication on sleeping pattern of individuals SO1 AC2 (10)

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1. Name 3 substances which effect the sleep patterns of an individual SO1 AC 3 (3)

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1. What are the implication of environmental conditions in relation to chronic fatigue (12)

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1. What are the signs and symptoms of progressive fatigue (10)

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1. What are the importance of eating healthy and well-balanced meals

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List 7 fitness of the employee for work in terms of personal appearance and behaviour (7)

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1. What IS the importance of managing a healthy life-style (20)

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1. Mention referral procedures for fatigued employees in terms of organisational policies or procedures in your company

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