



[Link](#)



## Practical Assessment Submission Guidelines

Produce a video of a one - hour practical session for your case study client.

The video should have no more than two breaks, the student and client should be kept in view at all times by the videographer. The sound must be of sufficient quality to enable assessment (no music and minimal noise in background)

The session should follow the programme design you have completed on the course and demonstrate the following:

### **Pre-Warm up Health & Safety.**

Showing the instructor taking a client through the health and safety issues, verbal PARQ, meds check, including any comorbidity checks and concerns relating to exercise  
See Section A on assessment paperwork

### **Warm up.**

Show and explain time, mobilisation, pulse raiser, stretches or replicant movement patterns.  
Use any two measures of Intensity required for warm up (RPE /TT/OBS/HRR/HRM/METS)  
Demonstrate/verbalise safe use of equipment, training tips, health and safety advice etc.  
The practical assessment marking sheet demonstrates what you are being assessed against

### **Main Section.**

Demonstrate/verbalise safe use of equipment  
CV type, workload, intensity, reason for the client using this piece of kit and where it fits their goals  
Resistance machines, free weights, bands, body weight exercise, reps, sets, weight, time etc  
Progressions and modifications verbalised adaptations offered where required.  
The practical assessment marking sheet demonstrates what you are being assessed against

### **Cool Down.**

Show and explain time, rewarm to cv cool down, core work (stretches (maintenance and developmental)  
Use any two measures of Intensity required for cool down (RPE /TT/OBS/HRR/HRM/METS)  
Demonstrate/verbalise safe standing to floor transition. Highlight any concerns post exercise  
The practical assessment marking sheet demonstrates what you are being assessed against

Remember to take into consideration ALL the client`s conditions and medications when planning and presenting the programme

**NB. This detailed programme could be used as section 5 of your case study**