

Unit Title: Plan, Teach and Evaluate a Gym Based Exercise Session

Assessment: Practical Observation of Gym Induction/ Session

Assessment Number 3

Candidate Number: \_\_\_\_\_

Class: \_\_\_\_\_

Date: \_\_\_\_\_

**Summary Comments (if applicable)**

## Assessment 3

### Outcome covered 2

#### Assessment instructions

You are required to teach a planned induction session to an inexperienced client/participant, covering all components of the planned session. During the session you should:

- explain the demands and an outline of the session to the client/participant
- prepare the participant using safe and effective warm up techniques
- the session taught must include (you will be advised of the exercises to be taught on the day of the assessment – they will be selected from your plan produced in Outcome 1)
  - at least five cardiovascular exercises
  - a total of nine fixed and free weight resistance exercises including at least four fixed weight, and four free weight exercises. Free weight exercises should include a dead lift.
  - explain the exercises in a manner appropriate to the client/participant needs and level of understanding
  - demonstrate all exercises in a technically correct manner with safe and effective body alignment
  - build up exercises gradually, ensuring that the client can cope with the movement patterns
  - ensure client/participant can cope with the intensity of the exercise and adapt where necessary offer advice in response to client/participant changing needs
  - use volume and pitch of voice effectively
  - provide teaching points and feedback to client/participant to ensure good technique
  - offer advice to correct technique in a positive and constructive manner
  - select and suggest appropriate adaptations or progressions for client/participant
  - use a spotter for appropriate exercises including squats and bench work
  - conclude the session using safe and effective cool down techniques

## Outcome 2 (Assessment 3)

### Assessor's Checklist (Assessment 3 Practical)

	Exercise taught	Assessor's comments
Cardiovascular		
Free Weights		
Fixed Weights		

Flexibility/Warm up and Cool down	Warm up – Use safe and effective warm-up activities	
	Developmental stretching	
	Cool down – Use safe and effective cool-down activities	

The learner:		Oral question	Assessor's notes	Achieved
1	Made sure the environment/equipment was prepared, and that there was sufficient equipment.			
2	Met the clients punctually and helped them feel welcome and at ease. Advised clients of the facility's emergency procedures Ensured all client information was current and advised of reasons for non-participation Checked dress and equipment were suitable for activity.			
3	Explained the physical and technical demands of the planned activities.			
	Cardiovascular			
	Resistance			
	Flexibility			
4	Lifted and handled equipment appropriately.			
5	Ensured client carried out activities in a safe, effective manner. Ensured sufficient space for safe exercise performance.			
6	Checked cables, pulleys and selector pins on machines.			
7	Checked collars, benches, stands and mats for using free weights.			
8	For cardiovascular fitness activities, gave appropriate explanations and demonstrations that were technically correct.			

9	For muscular fitness (resistance) activities, gave appropriate explanations and demonstrations that were technically correct.			
10	Used a spotter for appropriate exercises (state which). <input type="text"/>			
11	For flexibility activities, gave appropriate explanations and demonstrations that were technically correct.			
12	Observed the client and monitored intensity, ensured all clients were able to take part.			
13	Analysed the clients' performance, identified errors and corrected technique. Provided feedback and teaching points which were timely, clear and motivational.			

14	Checked participant's understanding of instructions and gave them an opportunity to ask questions.			
15	Involved participants in rehearsals as appropriate, built up exercises gradually.			
16	Monitored safety and adapted activities if appropriate/necessary. Confirmed or revised plans as appropriate.			
17	Observed and responded to all clients in a fair and equitable way. Motivated the clients in a way that was appropriate to them.			
18	Adopted a safe and appropriate teaching position.			
19	Dismantled, checked and stored any equipment in line with good practice; left the environment in acceptable condition.			
20	Kept to the planned timings for the session.			
21	Gave the client an accurate summary of session feedback, reviewed progress and offered appropriate fitness advice. Ensured the client/s had information about future activities. Reviewed procedures.			
22	Provided opportunities for the clients to reflect on what they had learned. Encouraged and supported clients in taking responsibility for their own fitness.			

### Oral questions

Q	Question (should relate to Units above)	Learner response
1		
2		
3		
4		
5		
6		
7		
8		
9		

## Overall Comments

