

Self-Evaluation

Plan, Teach and Evaluate Gym Based Exercise Session

Session Content, Structure, aims and objectives	
1	<p>a) Was the content of the session appropriate for your client?</p> <p>(b) What evidence do you have for (a) above</p>
2	<p>(a) What specific factors in your delivery made this an effective induction?</p> <p>(b) Suggest two aspects which you could change next time in order to improve the client experience?</p>

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

3	Identify two specific aspects of your client's technique which need further work?	
4	(a) Identify two aspects of your teaching which you consider effective. (b) What evidence do you have to back up your answer to (a) above?	

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5	Identify two aspects of your teaching which you consider need improvement for the future, and why.	
6	Identify a development activity which will help you to increase your knowledge and skills.	

Learners Signature: _____

Assessors Signature: _____

Date: _____