

Individual Internal Practical Assessment Form

iUSP176 – Instructing water-based exercise

Name of learner: _____

Two internal assessments to be completed. One further summative internal assessment is required and must be completed using the summative internal assessment form.

This assessment sheet must be completed in full for each learner by the internal assessor.

- **Conducting the assessment** – The evaluation should be based on the criteria detailed below. The assessor should base their evaluation entirely on the learner's performance during the assessment exercise; they should remain objective and should not coach or distract the learner during the assessment. Please indicate with a ✓ criteria that are completed successfully, indicating with an × criteria that have not been completed successfully.
- **Once all boxes have been ticked the assessor must place a ✓ in the pass box indicating that the task is complete.**

Criteria	Assessor's comments				
	Complete	Not complete	Complete	Not complete	
Appearance – the learner demonstrated:					
Clean, neat and appropriate work wear with minimal jewellery					
Appropriate comfortable and clean footwear					

Hair clean, neat and tied back/up if long					
No body or breath odour					
No chewing gum or sucking sweets					
Client care – the learner demonstrated:					
Greeted and introduced self to participants					
Displayed positive body language at all times					
Ensured all non-swimmers were suitably positioned in the pool					
Respected participants' needs throughout					
Checked participants' comfort throughout					
Professional conduct – the learner:					
Had a clean and neat appearance					
Checked participants were wearing the correct clothing					
Demonstrated knowledge of health & safety regulations					
Ensured equipment was clean and in good working order prior to and after the session					
Ensured equipment was stowed away correctly at the end of the session					
Core teaching rationale – the learner:					
Demonstrated a variety of correct teaching points					
Recognised safety aspects					
Identified and stated muscles used					

Made adaptations where appropriate					
Showed progression/regression where appropriate					
Pulse checks – the learner:					
Correctly demonstrated how to take the pulse from the larger carotid artery on the side of the larynx					
Correctly demonstrated how to take the pulse from the radial pulse on the wrist					
Assisted participants in taking their pulse in both areas					
Ensured the pulse was taken after the warm-up					
Ensured the pulse was taken after the conditioning section					
Warm up – the learner:					
Demonstrated and guided the participants correctly through a graduated warm-up					
Raised the cardiovascular and musculoskeletal systems appropriately					
Demonstrated variety and progression of choreography					
Explained the exercises simply and precisely					
Gave alternative exercises where necessary					
Conditioning – the learner:					
Performed the correct water-based exercises for the appropriate session					
Performed within the required time limit					
Ensured movements were controlled and smooth					

Demonstrated variety and progression in the movements					
Made good use of the equipment available					
Explained the exercises simply and precisely					
Gave alternative exercises where necessary					
Ensured all participants performed exercises correctly					
Use of verbal and non-verbal communication was used appropriately					
Finished the section appropriately					
Stretch/cool down – the learner:					
Performed the correct cool down for the appropriate session					
Lowered the cardiovascular and musculoskeletal systems appropriately					
Included progressions and adaptations					
Gave alternative exercises where necessary					
Ensured all participants performed the exercises correctly					
Water-based session– the learner:					
Made good use of the pool					
Ensured all participants kept warm throughout the session					
Use of music – the learner:					
Used appropriate music throughout the programme					
Used the correct tempo of music throughout the programme					

Voice projection – the learner:					
Demonstrated effective use of voice projection throughout					
Was heard and understood by the whole class					
Lesson plan – the learner:					
Ensured aims and objectives were achieved					
Ensured teaching points were correct for the exercises given					
Ensured timings and sequences were correct					
Ensured lesson was balanced					
Ensured the speed and type of music was appropriate					
Task Completed					Pass
Total marks:					

Learner name: _____

Learner signature: _____ **Date:** _____

Lecturer/assessor name 1st assessment: _____

Lecturer/assessor signature 1st assessment: _____ **Date:** _____

Lecturer/assessor 2nd assessment name: _____

Lecturer/assessor 2nd assessment signature: _____ Date: _____

Internal quality assured name: _____

Internal quality assured signature: _____ Date: _____

External quality assured name: _____

External quality assured signature: _____ Date: _____
(if sampled)

Document History

Version	Issue Date	Changes	Role
v1	27/09/2019	First published	Qualification Administrator