

# Individual Internal Practical Assessment Form

iUSP170 – Instructing kettlebell training sessions

Name of Learner: \_\_\_\_\_

**2 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 X 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				
	Completed	Not Completed	Completed	Not Completed	General comment
<b>Appearance - the learner demonstrated:</b>					
Clean, neat and appropriate work wear with minimal jewellery					
Appropriate comfortable and clean footwear					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	General comment
Hair clean, neat and tied back/up if long					
No body or breath odour					
No chewing gum or sucking sweets					
<b>Client care – the learner:</b>					
Greeted and introduced self to client					
Assisted client where appropriate					
Displayed positive body language					
Respected client's needs throughout					
Checked client's comfort throughout					
<b>Professional conduct – the learner:</b>					
Had a clean and neat appearance					
Demonstrated knowledge of Health & Safety regulations					
Wiped down equipment with appropriate sanitiser before use					
Wiped down equipment with appropriate sanitiser after use					
Wiped and stacked away ancillary equipment/kettlebells appropriately after use					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	General comment
<b>Core teaching rationale - the learner:</b>					
Demonstrated a variety of correct teaching points					
Recognised safety aspects					
Identified and stated muscles used					
Made adaptations where appropriate					
Showed progression/regression where appropriate					
<b>Induction – the learner:</b>					
Considered the safety aspects of the room (ventilation, mirrors) etc.					
Checked floor surface is appropriate (wooden, matted), 3-5m <sup>2</sup>					
Introduced the correct use of kettlebells					
Demonstrated correct breathing techniques, grip and posture					
Demonstrated the correct performance of the Snatch, Jerk and Long Cycle					
<b>Pulse checks – the learner:</b>					
Correctly demonstrated how to take the pulse from the larger carotid artery on the side of the larynx and from the radial pulse on the wrist					
Assisted client in taking their pulse in both areas					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	General comment
Demonstrated the use of a heart rate monitor					
Discussed with the client the uses of the heart rate monitor and assisted client in taking the readings					
Calculated the client's resting heart rate, training heart rate and maximum heart rate correctly					
<b>Warm up – the learner:</b>					
Raised the core body temperature (physiologically, psychologically)					
Warmed up the joints, ligaments, tendons and muscle fascia					
Included cardiovascular or local muscular endurance routine with/without kettlebells					
Used Karvonen formula, RPE/PRE scales, talk test, visual cue's correctly					
Included main session mirrored (proprioception, balance, co-ordination, timing)					
<b>Stretches – the learner:</b>					
Incorporated all aspects of stretching techniques – prior to, during and post sessions to maintain muscle tone and/or increase flexibility					
Demonstrated static stretches (pre/post), dynamic (ballistic), and/or PNF					
<b>Conditioning phase – the learner:</b>					
Included fundamental exercises					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	General comment
Performed exercises with correct timing and rhythm					
Used correct timings, reps and weights					
Demonstrated adaptations, progressions, reinforced teaching and safety points					
Gave feedback, pointed out muscles used, variety and timing					
<b>Endurance, LME, hypertrophy, strength – the learner:</b>					
Included fundamental exercises to reach programme outcome					
Performed exercises with correct timing and rhythm					
Used correct timings, reps and weights					
Demonstrated adaptations, progressions, reinforced teaching and safety points					
Gave feedback, pointed out muscles used, variety and timing					
<b>Programme outcome – the learner:</b>					
Used effective voice projection					
Demonstrated cueing, choreography, style and rhythm appropriately					
Achieved training effect					
Assessed clients programme goals					

Criteria	Assessor's comments									
	Completed	Not Completed	Completed	Not Completed	General comment					
Included appropriate exercises and methods										
<b>Oral questions</b> (5 oral questions to be asked per assessment)										
Explain the history and origins of kettlebell training										
Explain the different sizes and dimensions of kettlebells and when they would be used										
Explain the health and safety considerations for kettlebell training										
Explain how would you incorporate kettlebell training into a resistance session										
Explain the benefits of kettlebell training										
					Total marks:		Overall Grade:		Pass:	

**Learner name:** \_\_\_\_\_

**Learner signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Lecturer/Assessor name:** \_\_\_\_\_

**Lecturer/Assessor signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

Internal Quality Assurer name: \_\_\_\_\_

Internal Quality Assurer signature: \_\_\_\_\_ Date: \_\_\_\_\_

External Quality Assurer name: \_\_\_\_\_

External Quality Assurer signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(if sampled)

#### Document History

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