

Performance Evidence Guidance Form

iUSP153 – Planning group exercise to music sessions

3 group exercise to music performance evidence to be carried out and results documented

To be completed by the lecturer and verified by the external examiner. Please attach a copy of this sheet to the front of each learner's completed performance evidence form.

Learner name: _____

Learner number: _____

Centre name: _____

Date: _____

	Please tick box:	Yes	No
Completed Physical Activity Readiness Questionnaire (PARQ)			
Appropriate music selected for the class <ul style="list-style-type: none"> Continuous play Verse/chorus 32 count phrase 			
Exercise <ul style="list-style-type: none"> Warm up Aerobics/step aerobics Muscular strength & Endurance Stretch/flexibility/core stability ball Cool down Appropriate exercises for the class Appropriate progressions 			
Teaching points			
Client feedback			
Overall conclusion of the case			
Self-reflection at the end of each session			
Performance complete			

Please note; each box must be ticked 'Yes' in order to gain a pass grade. If any area is answered 'No' the treatment evidence will be referred until the omitted section is completed.

External examiner name: _____

External examiner signature: _____ Date: _____

Lecturer/Assessor name: _____

Lecturer/Assessor signature: _____ Date: _____

Learner name: _____

Learner signature: _____ Date: _____

Document History

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