

# 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"> <li>• Continuous play</li> <li>• Verse/chorus</li> <li>• 32 count phrase</li> </ul>			
Exercise <ul style="list-style-type: none"> <li>• Warm up</li> <li>• Aerobics/step aerobics</li> <li>• Muscular strength &amp; Endurance</li> <li>• Stretch/flexibility/core stability ball</li> <li>• Cool down</li> <li>• Appropriate exercises for the class</li> <li>• Appropriate progressions</li> </ul>			
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