

Performance Evidence Guidance Form

iUSP168 – Planning water-based exercise

A total of 3 group water-based exercise 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 work.

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 Warm up <ul style="list-style-type: none"> • Pulse raising • Dynamic stretching Main cardiovascular workout using the aerobic curve <ul style="list-style-type: none"> • Pulse raiser • Main workout • Build down Muscular conditioning <ul style="list-style-type: none"> • Cool down/flexibility • Appropriate exercises for the class • Appropriate progressions 			
Teaching points			
Client feedback			
Overall conclusion of the case			

Self-reflection at the end of each session		
Performances completed		

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	Qualification Administrator