

Individual Internal Practical Assessment Form

iUSP167 – Instructing a suspension training session

Name of Learner: _____

1 Internal Assessment to be completed

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				General comment
	Completed	Not Completed	Completed	Not Completed	
Appearance - the learner demonstrated:					
Clean, neat and appropriate workwear with minimal jewellery					
Appropriate comfortable and clean footwear					
Hair clean, neat and tied back/up if long					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	General comment
No body or breath odour					
No chewing gum or sucking sweets					
Client care – the learner:					
Greeted and introduced self to client					
Assisted client where appropriate					
Displayed positive body language					
Respected client's needs throughout					
Checked client's comfort throughout					
Professional conduct – the learner:					
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					
Core teaching rationale - the learner:					
Demonstrated a variety of correct teaching points					

Criteria	Assessor's comments				General comment
	Completed	Not Completed	Completed	Not Completed	
Recognised safety aspects					
Identified and stated muscles used					
Made adaptations where appropriate					
Showed progression/regression where appropriate					
Induction – the learner:					
Considered the safety aspects of the room (ventilation, mirrors) etc.					
Checked floor surface is appropriate (wooden, matted), 3-5m ²					
Introduced suspension equipment					
Demonstrated correct breathing techniques, grip and posture					
Demonstrated the correct performance of the straps					
Pulse checks – the learner:					
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					
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					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	General comment
Calculated the client's resting heart rate, training heart rate and maximum heart rate correctly					
Warm up – the learner:					
Raised the core body temperature					
Warmed up the joints, ligaments, tendons and muscle fascia					
Included cardio vascular or local muscular endurance routine with/without the use of the suspension equipment					
Used Karvonen Formula, Rpe/Pre scales, talk test, visual cue's correctly					
Included main session mirrored (proprioception, balance, co-ordination, timing)					
Stretches – the learner:					
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					
Conditioning phase – the learner:					
Included fundamental exercises					
Performed exercises with correct timing and rhythm					
Used correct timings, reps and technique of suspension equipment					

Criteria	Assessor's comments				General comment
	Completed	Not Completed	Completed	Not Completed	
Demonstrated adaptations, progressions, reinforced teaching and safety points					
Gave feedback, pointed out muscles used, variety and timing					
Endurance,LME, hypertrophy, strength – the learner:					
Included fundamental exercises to reach programme outcome					
Performed exercises with correct timing and rhythm					
Used correct timings, reps and balance on suspension straps					
Demonstrated adaptations, progressions, reinforced teaching and safety points					
Gave feedback, pointed out muscles used, variety and timing					
Suspension class outcome – the learner:					
Used effective voice projection					
Demonstrated cueing, choreography, style and rhythm appropriately					
Achieved training effect					
Assessed clients programme goals					
Included appropriate exercises and methods					
Oral questions (5 oral questions to be asked per assessment)					

Criteria	Assessor's comments								
	Completed	Not Completed	Completed	Not Completed	General comment				
Explain the history and origins of suspension training									
Explain the different components, straps and frames involved									
Explain the health and safety considerations for suspension training									
Explain how would you incorporate suspension training into a resistance session									
Explain the benefits of suspension training									
Overall Grade:					<table border="1" style="display: inline-table; vertical-align: middle;"> <tr> <td>Pass</td> <td></td> <td>Refer</td> <td></td> </tr> </table>	Pass		Refer	
Pass		Refer							

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)

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

ment History