

Interview Guidance Form

iUSP164 – Delivering personal training sessions

External assessment method:	Interview
Duration of external assessment:	45 minutes
Pass mark:	60%
Grading:	Pass, Merit or Distinction
Frequency of external assessment:	On demand (once ALL hours for the unit have been completed)
Learning outcomes to be assessed:	All learning outcomes will be assessed
Format of questions:	Oral questions to be asked by the external examiner
Distribution of questions:	<p>Interview – 2 questions for each point with 2 marks per question = 40 marks</p> <p>Questions based on:</p> <ol style="list-style-type: none"> 1. Industry knowledge/trends 2. Personal and professional experiences 3. Setting up a personal training business (sole trader/company etc.) 4. Logistics of setting up as a personal trainer 5. Adherence and motivation techniques 6. Periodisation of programs 7. Components of fitness and tests 8. Principles of training 9. Macro/micro nutrients and nutritional advice 10. Supplements <p>Case studies/specialised fitness programs – 4 marks each = 20 marks</p> <ol style="list-style-type: none"> 1. Presentation 2. Quality of substance 3. Progression of programmes 4. Variety of clients 5. Learning outcomes for student <p>Special populations – 2 questions for each point with 1 mark per question = 20 marks</p> <ol style="list-style-type: none"> 1. Sedentary 2. Recovering from injury 3. Over-trained, peak performer/sports specific performer 4. Obese 5. Individuals/groups 6. Clients with specific fitness/general health needs

7. 14-16 year old young people
8. Disabled people
9. Older people (50+)
10. Ante and post-natal women

Practical demonstration and progressive exercises – 5 marks each = 20 marks

(5 reps to be demonstrated and up to 3 adaptations or progressions to that specific exercise including teaching points and muscles used etc.)

1. Strengthening (3 core strengthening exercises)
2. Stretching (e.g. rotator cuffs, PNF or dynamic stretching of a joint or muscle)
3. Rehab of an injured or vulnerable client e.g. mental, physical, young etc. (e.g. rehab of an ankle joint showing strength exercises)
4. Teaching points/muscles used etc.

The topics listed can be found in the learning outcomes in the unit specification for iUSP164 - Delivering personal training sessions

Please note: each box must attain a pass mark of at least 60% in each section in order to be awarded a pass grade.

Document History

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