

Interview Marking Form

iUSP164 – Delivering personal training sessions

Learner name: _____

Learner number: _____

Centre name: _____

Date: _____

	Pass	Refer	Comments
Interview – 2 questions for each point with 2 marks per question = 40 marks Questions based on: <ol style="list-style-type: none"> 1. Industry knowledge/trends 2. Personal & 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 			
Case studies/specialised fitness programmes – 20 marks (4 marks each) <ol style="list-style-type: none"> 1. Presentation 2. Quality of substance 3. Progression of programs 4. Variety of clients 5. Learning outcomes for student 			
Special populations – 2 questions for each point with 1 mark per question = 20 marks <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 – 20 marks (5 marks each) (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.			
Result			

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

Examiner name: _____

Examiner signature: _____

Document History

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