

# Assignment Assessment Form

iUSP163 – Instructing group exercise to music

Name of Learner: \_\_\_\_\_

**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 |               |           |               |  |
|--------------------------------------------------------------|---------------------|---------------|-----------|---------------|--|
|                                                              | Completed           | Not Completed | Completed | Not Completed |  |
| <b>Appearance - the learner demonstrated:</b>                |                     |               |           |               |  |
| Clean, neat and appropriate work wear with minimal jewellery |                     |               |           |               |  |
| Appropriate comfortable and clean footwear                   |                     |               |           |               |  |
| Hair clean, neat and tied back/up if long                    |                     |               |           |               |  |
| No body or breath odour                                      |                     |               |           |               |  |

|                                                                                         |  |  |  |  |  |
|-----------------------------------------------------------------------------------------|--|--|--|--|--|
| No chewing gum or sucking sweets                                                        |  |  |  |  |  |
| <b>Client care – <i>the learner</i>:</b>                                                |  |  |  |  |  |
| Greeted and introduced self to participants                                             |  |  |  |  |  |
| Assisted participants where appropriate                                                 |  |  |  |  |  |
| Displayed positive body language at all times                                           |  |  |  |  |  |
| Respected participants' needs throughout                                                |  |  |  |  |  |
| Checked participants' comfort throughout                                                |  |  |  |  |  |
| <b>Professional conduct – <i>the learner</i>:</b>                                       |  |  |  |  |  |
| Had a clean and neat appearance                                                         |  |  |  |  |  |
| Demonstrated knowledge of health & safety regulations                                   |  |  |  |  |  |
| Ensured equipment was wiped down with appropriate sanitiser before and after use        |  |  |  |  |  |
| Ensured ancillary equipment/free weights wiped and stacked away appropriately after use |  |  |  |  |  |
| Ensured drinking water was made available throughout                                    |  |  |  |  |  |
| <b>Core teaching rationale – <i>the learner</i>:</b>                                    |  |  |  |  |  |
| Demonstrated a variety of correct teaching points                                       |  |  |  |  |  |
| Recognised safety aspects                                                               |  |  |  |  |  |
| Identified and stated muscles used                                                      |  |  |  |  |  |
| Made adaptations where appropriate                                                      |  |  |  |  |  |
| Showed progression/regression where appropriate                                         |  |  |  |  |  |

|                                                                                                                                                                |  |  |  |  |  |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------|--|--|--|--|--|
| <b>Pulse checks – the learner:</b>                                                                                                                             |  |  |  |  |  |
| 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 participants in taking their pulse in both areas                                                                                                      |  |  |  |  |  |
| Ensured pulse taken after the warm-up                                                                                                                          |  |  |  |  |  |
| Ensured pulse taken after the aerobics section                                                                                                                 |  |  |  |  |  |
| Demonstrated the use of a heart rate monitor and discussed with the client the uses of the heart rate monitor and assisted participants in taking the readings |  |  |  |  |  |
| <b>Warm-up – the learner:</b>                                                                                                                                  |  |  |  |  |  |
| Performed the correct warm-up for the appropriate session                                                                                                      |  |  |  |  |  |
| Demonstrated and guided the participants correctly through a graduated warm-up                                                                                 |  |  |  |  |  |
| Raised the cardiovascular and musculoskeletal systems appropriately                                                                                            |  |  |  |  |  |
| Demonstrated variety and progression of choreography                                                                                                           |  |  |  |  |  |
| Explained the exercises simply and precisely                                                                                                                   |  |  |  |  |  |
| Gave alternative exercises where necessary                                                                                                                     |  |  |  |  |  |
| Ensured all participants performed the exercises correctly                                                                                                     |  |  |  |  |  |
| <b>Aerobic/step aerobics – the learner:</b>                                                                                                                    |  |  |  |  |  |
| Performed the correct exercises for the appropriate session                                                                                                    |  |  |  |  |  |
| Performed within the required time limit                                                                                                                       |  |  |  |  |  |
| Ensured movements were controlled and smooth                                                                                                                   |  |  |  |  |  |

|                                                                                                           |  |  |  |  |  |
|-----------------------------------------------------------------------------------------------------------|--|--|--|--|--|
| Demonstrated variety and progression in choreography                                                      |  |  |  |  |  |
| Explained the exercises simply and precisely                                                              |  |  |  |  |  |
| Gave alternative exercises where necessary                                                                |  |  |  |  |  |
| Ensured all participants performed exercises correctly                                                    |  |  |  |  |  |
| Finished the aerobic section appropriately                                                                |  |  |  |  |  |
| <b>Conditioning including stability ball – <i>the learner</i>:</b>                                        |  |  |  |  |  |
| Performed the correct exercises for the appropriate session ensuring movements were controlled and smooth |  |  |  |  |  |
| Demonstrated variety and progression giving alternative exercises where necessary                         |  |  |  |  |  |
| Explained the exercises simply and precisely                                                              |  |  |  |  |  |
| Ensured all participants performed exercises correctly                                                    |  |  |  |  |  |
| Finished the section appropriately                                                                        |  |  |  |  |  |
| <b>Muscle, strength &amp; endurance – <i>the learner</i>:</b>                                             |  |  |  |  |  |
| Performed the correct exercises for the appropriate session                                               |  |  |  |  |  |
| Ensured movements were controlled and smooth                                                              |  |  |  |  |  |
| Demonstrated variety and progression                                                                      |  |  |  |  |  |
| Explained the exercises simply and precisely                                                              |  |  |  |  |  |
| Gave alternative exercises where necessary                                                                |  |  |  |  |  |
| Ensured all participants performed exercises correctly                                                    |  |  |  |  |  |
| Finished the section appropriately                                                                        |  |  |  |  |  |

|                                                                                              |  |  |  |  |  |
|----------------------------------------------------------------------------------------------|--|--|--|--|--|
| <b>Stretch/cool down – <i>the learner</i>:</b>                                               |  |  |  |  |  |
| Performed the correct cool down for the appropriate session                                  |  |  |  |  |  |
| Lowered the cardiovascular and musculoskeletal systems appropriately                         |  |  |  |  |  |
| Included progressions and adaptations                                                        |  |  |  |  |  |
| Explained the exercises simply and precisely                                                 |  |  |  |  |  |
| Gave alternative exercises where necessary                                                   |  |  |  |  |  |
| Ensured all participants performed exercises correctly                                       |  |  |  |  |  |
| <b>Cueing – <i>the learner</i>:</b>                                                          |  |  |  |  |  |
| Achieved precise, timely and effective cueing                                                |  |  |  |  |  |
| Was precise when using fingers for counting the time                                         |  |  |  |  |  |
| Was correct in using arms for directional cueing                                             |  |  |  |  |  |
| <b>Use of music – <i>the learner</i>:</b>                                                    |  |  |  |  |  |
| Used appropriate music throughout the programme                                              |  |  |  |  |  |
| Used the correct tempo of music throughout the programme                                     |  |  |  |  |  |
| <b>Choreography – <i>the learner</i>:</b>                                                    |  |  |  |  |  |
| Demonstrated variety and progression of choreography e.g. continuous play, verse/chorus etc. |  |  |  |  |  |
| Made good use of the floor space                                                             |  |  |  |  |  |
| <b>Voice projection – <i>the learner</i>:</b>                                                |  |  |  |  |  |
| Demonstrated effective use of voice projection throughout                                    |  |  |  |  |  |

|                                             |  |  |  |  |      |
|---------------------------------------------|--|--|--|--|------|
| Was heard and understood by the whole class |  |  |  |  |      |
| Total marks                                 |  |  |  |  |      |
| Task Completed                              |  |  |  |  | Pass |

**Learner name:** \_\_\_\_\_

**Learner signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Lecturer/Assessor name:** \_\_\_\_\_

**Lecturer/Assessor name signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Internal Quality Assurer Name:** \_\_\_\_\_

**Internally Quality Assurer Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**External Quality Assurer Name:** \_\_\_\_\_

**External Quality Assurer Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
(if sampled)

## Document History

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