

# Individual Internal Practical Assessment Form

iUSP163 – Instructing group exercise to music

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

**Two internal assessments to be completed. One further summative internal assessment is required and must be completed using the summative internal assessment form.**

**The internal assessor must complete this assessment sheet in full for each learner.**

- **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					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	
Hair clean, neat and tied back/up if long					
No body or breath odour					
No chewing gum or sucking sweets					
<b>Client care – the learner:</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 – the learner:</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					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	
<b>Core teaching rationale – the learner:</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					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	
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					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	
<b>Conditioning including stability ball – the learner:</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 – the learner:</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 – the learner:</b>					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	
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 – the learner:</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 – the learner:</b>					
Used appropriate music throughout the programme					
Used the correct tempo of music throughout the programme					
<b>Choreography – the learner:</b>					
Demonstrated variety and progression of choreography e.g. continuous play, verse/chorus etc.					

Criteria	Assessor's comments				
	Completed	Not Completed	Completed	Not Completed	
Made good use of the floor space					
<b>Voice projection – the learner:</b>					
Demonstrated effective use of voice projection throughout					
Was heard and understood by the whole class					
<b>Total marks</b>					
					Task Completed
					Pass

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

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

Lecturer/Assessor name (1<sup>st</sup> assessment): \_\_\_\_\_

Lecturer/Assessor signature (1<sup>st</sup> assessment): \_\_\_\_\_ Date: \_\_\_\_\_

Lecturer/Assessor name (2<sup>nd</sup> assessment): \_\_\_\_\_

Lecturer/Assessor signature (2<sup>nd</sup> assessment): \_\_\_\_\_ 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