

Individual Internal Practical Assessment Form

iUSP162 – Instructing a strength and conditioning session

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.**

Assessment Task	Assessor's comments				
	Complete	Not Complete	Complete	Not Complete	
Appearance - the learner demonstrated:					
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					

Assessment Task	Assessor's comments				
	Complete	Not Complete	Complete	Not Complete	
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 and safety regulations					
Wiped down equipment with appropriate sanitiser before use					
Wiped down equipment with appropriate sanitiser after use					
Wiped and sanitised strength equipment appropriately after use					
Core teaching rationale - the learner:					
Demonstrated a variety of correct teaching points					

Assessment Task	Assessor's comments				
	Complete	Not Complete	Complete	Not Complete	
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 space involved					
Checked floor surface is appropriate (wooden, matted, astro) 3-5m ²					
Introduction of strength and conditioning equipment					
Demonstrated correct breathing techniques, grip and posture					
Demonstrated the correct performance of the strength equipment					
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 reading					

Assessment Task	Assessor's comments				
	Complete	Not Complete	Complete	Not Complete	
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 cardiovascular or local muscular endurance routine with/without the use of the strength & conditioning 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 strength equipment					

Assessment Task	Assessor's comments				
	Complete	Not Complete	Complete	Not Complete	
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 strength equipment					
Demonstrated adaptations, progressions, reinforced teaching and safety points					
Gave feedback, pointed out muscles used, variety and timing					
Strength and conditioning class outcome – the learner:					
Used effective voice projection					
Demonstrated cueing, choreography, style and rhythm appropriately					
Achieved training effect					
Assessed client's programme goals					
Included appropriate exercises and methods					
Oral questions (5 oral questions to be asked per assessment)					

Assessment Task	Assessor's comments				
	Complete	Not Complete	Complete	Not Complete	
Explain the history and origins of strength and conditioning training					
Explain the different components of strength equipment					
Explain the health and safety considerations for strength training					
Explain how would you incorporate strength training into a resistance session					
Explain the benefits of strength training					
					Task Completed
					Pass

Lecturer/assessor name 1st assessment: _____

Lecturer/assessor signature 1st assessment: _____ Date: _____

Lecturer/assessor name 2nd assessment: _____

Lecturer/assessor signature 2nd assessment: _____ Date: _____

Overall grade: Pass: Refer:

Quality assured by name: _____

Quality assured by name: _____ Date: _____

External examiner name: _____

External examiner name: _____ Date: _____

(if sampled)

Document History

Version	Issue Date	Changes	Role
v1	30/09/2019	First published	Qualifications Administrator