

# Test Specification

## iUSP147 – Programming yoga teaching sessions

<b>External assessment method:</b>	Multiple Choice Question Paper – paper or online	
<b>Duration of external assessment:</b>	30 minutes	
<b>Pass mark:</b>	60%	
<b>Grading:</b>	Pass, Merit or Distinction	
<b>Frequency of external assessment:</b>	On demand (once ALL hours for the unit have been completed)	
<b>Learning outcomes to be assessed:</b>	All learning outcomes will be assessed	
<b>Format of questions:</b>	Stem, 1 key and 3 distracters	
<b>Number of questions</b>	25 questions	
<b>Distribution of questions:</b> Each question will be allocated one mark	<u>Topic</u>	<u>No. of questions per paper</u>
	<ul style="list-style-type: none"> <li>Environment and resources required to deliver a yoga teaching session - 5</li> <li>The importance of long term behaviour change for yoga teaching - 3</li> <li>Principles of collecting and using information to plan a yoga teaching session - 5</li> <li>Communication techniques - 2</li> <li>Fundamentals of yoga including adaptation, evaluation and review - 10</li> </ul>	
The topics listed can be found in the learning outcomes in the unit specification for iUSP147 as follows:	<u>Topic</u>	<u>Related to ITEC Assessment Criteria for each Unit as listed below:</u>
	<ul style="list-style-type: none"> <li>Environment and resources required to deliver a yoga teaching session - 1.1</li> <li>The importance of long term behaviour change for yoga teaching - 2.1 - 2.4</li> </ul>	

	<ul style="list-style-type: none"> <li>• Principles of collecting and using information to plan a yoga teaching session</li> <li>• Communication techniques</li> <li>• Fundamentals of yoga including adaptation, evaluation and review</li> </ul>	<ul style="list-style-type: none"> <li>- 3.1 - 3.3, 4.1 - 4.3</li> <li>- 5.1</li> <li>- 6.1 - 6.10, 7.1 - 7.3</li> </ul>
<p><b>Administration of external assessment:</b></p>	<p>For security required of centres and for the administration of examination papers, please refer to 'Instructions for Conducting Examinations' which can be found on the website.</p>	

## Document History

Version	Issue Date	Changes	Role
1	04/02/2020	First Published	Assessment Lead for Sport