

Test Specification

iUSP147 – Programming yoga teaching sessions

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

	<ul style="list-style-type: none"> • Principles of collecting and using information to plan a yoga teaching session • Communication techniques • Fundamentals of yoga including adaptation, evaluation and review 	<ul style="list-style-type: none"> - 3.1 - 3.3, 4.1 - 4.3 - 5.1 - 6.1 - 6.10, 7.1 - 7.3
Administration of external assessment:	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.	

Document History

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