

Test Specification

iUSP166 – Programming a Pilates teaching session

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>	<u>No. of questions per paper</u>
	<ul style="list-style-type: none"> Environment and resources required to deliver a Pilates teaching session - 5 The importance of long term behaviour change for Pilates teaching - 3 Principles of collecting and using information to plan a Pilates teaching session - 5 Communication techniques - 2 Fundamentals of Pilates including adaptation, evaluation and review - 10 	
The topics listed can be found in the learning outcomes in the unit specification for iUSP166 as follows:	<u>Topic</u>	<u>Related to ITEC assessment criteria for each unit as listed below</u>
	<ul style="list-style-type: none"> Environment and resources required to deliver a Pilates teaching session - 1.1 The importance of long term behaviour change for Pilates teaching - 2.1 - 2.4 	

	<ul style="list-style-type: none"> • Principles of collecting and using information to plan a Pilates teaching session • Communication techniques • Fundamentals of Pilates 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
<p>Administration of external assessment:</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