
Marking Criteria

iUSP170 – Instructing kettlebell training sessions

Learners must be able to demonstrate the following:

Appearance – 5 marks (1 mark each)

1. Clean, neat and appropriate workwear with minimal jewellery
2. Appropriate comfortable and clean, flat footwear
3. Hair clean, neat and tied back/up if long
4. No body or breath odour
5. No chewing gum or sucking sweets

Client care – 5 marks (1 mark each)

1. Greeted and introduced self to client
2. Assisted client where appropriate
3. Displayed positive body language
4. Respected client's needs throughout
5. Checked client's comfort throughout

Professional conduct – 5 marks (1 mark each)

1. Had a clean and neat appearance
2. Demonstrated knowledge of health and safety regulations
3. Wiped down equipment with appropriate sanitiser before use
4. Wiped down equipment with appropriate sanitiser after use
5. Wiped and stacked away ancillary equipment/kettlebells appropriately after use

Core teaching rationale – 5 marks (1 mark each)

1. Demonstrated a variety of correct teaching points
2. Recognised safety aspects
3. Identified and stated muscles used
4. Made adaptations where appropriate
5. Showed progression/regression where appropriate

Induction – 25 marks (5 marks each)

1. Considered the safety aspects of the room (ventilation, mirrors etc.)
2. Checked floor surface is appropriate (wooden, matted), 3-5m²
3. Introduced the correct use of kettlebells
4. Demonstrated correct breathing techniques, grip and posture
5. Demonstrated the correct performance of the Snatch, Jerk and Long Cycle

Pulse check – 5 marks (1 mark each)

1. 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
2. Assisted client in taking their pulse in both areas
3. Demonstrated the use of a heart rate monitor
4. Discussed with the client the uses of the heart rate monitor and assisted client in taking the readings
5. Calculated the client's Resting Heart Rate, Training Heart Rate and Maximum Heart Rate correctly

Warm up – 10 marks (2 marks each)

1. Raised the core body temperature (physiologically, psychologically)
2. Warmed up the joints, ligaments, tendons and muscle fascia
3. Included cardiovascular or local muscular endurance routine with/without kettlebells
4. Used Karvonen Formula, RPE/Pre scales, talk test, visual cue's correctly
5. Included main session mirrored (Proprioception, balance, co-ordination, timing)

Stretches – 10 marks (5 marks each)

1. Incorporated all aspects of stretching techniques – prior to, during and post sessions to maintain muscle tone and/or increase flexibility
2. Demonstrated Static Stretches (Pre/Post), Dynamic (Ballistic), and/or PNF

Conditioning phase – 10 marks (2 marks each)

1. Included fundamental exercises
2. Performed exercises with correct timing and rhythm
3. Used correct timings, reps and weights
4. Demonstrated adaptations, progressions, reinforced teaching and safety points
5. Gave feedback, pointed out muscles used, variety and timing

Endurance, LME, hypertrophy, strength – 10 marks (2 marks each)

1. Included fundamental exercises to reach programme outcome
2. Performed exercises with correct timing and rhythm
3. Used correct timings, reps and weights
4. Demonstrated adaptations, progressions, reinforced teaching and safety points
5. Gave feedback, pointed out muscles used, variety and timing

Programme outcome – 5 marks (1 mark each)

1. Used effective voice projection
2. Demonstrated cueing, choreography, style and rhythm appropriately
3. Achieved training effect
4. Assessed clients programme goals
5. Included appropriate exercises and methods

Sample oral questions – 5 marks (1 mark each)

1. Explain the history and origins of kettlebell training
2. Explain the different sizes and dimensions of kettlebells and when they would be used
3. Explain the health and safety considerations for kettlebell training
4. Explain how would you incorporate kettlebell training into a resistance session
5. Explain the benefits of kettlebell training

Document History

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