

Test Specification

iUSP173 – Delivering 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 marks	<u>Topic</u>	<u>No. of questions per paper</u>
	• Instructing a Pilates teaching session	- 3
	• Plan, prepare and adapt a Pilates session to meet clients' needs	- 10
	• Voice projection and music choice	- 2
	• Evaluation, feedback and reflection of a Pilates teaching session	- 2
	• Health and safety precautions	- 3
	• Bringing a Pilates session to an end and reflective practice	- 5
The topics listed can be found in the learning outcomes in the unit specification for iUSP173 as follows:	<u>Topic</u>	<u>Learning outcomes</u>
	• Instructing a Pilates teaching session	- 1.1 - 1.4
	• Plan, prepare and adapt a Pilates session to meet clients' needs	- 2.1 - 2.3, 3.1 - 3.5
	• Voice projection and music choice	- 4.1 - 4.3
	• Evaluation, feedback and reflection of a Pilates teaching session	- 5.1 - 5.2
	• Health and safety precautions	- 6.1 - 6.2

	<ul style="list-style-type: none"> • Bringing a Pilates session to an end and reflective practice 	<ul style="list-style-type: none"> - 7.1 - 7.6, 8.1 - 8.4
<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