

# Test Specification

## iUSP173 – Delivering a Pilates teaching session

<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 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"> <li>• Bringing a Pilates session to an end and reflective practice</li> </ul>	- 7.1 - 7.6, 8.1 - 8.4
<b>Administration of external assessment:</b>	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