
Marking Criteria

iUSP176 – Instructing water-based exercise

Learners must be able to demonstrate the following:-

Appearance – 5 Marks (1 mark each)

1. Clean, neat and appropriate work wear with minimal jewellery
2. Appropriate comfortable and clean footwear was worn
3. Clean hair, neat and tied back/up if long
4. No body or breath odour
5. No chewing gum or sweet sucking

Client care – 5 Marks (1 mark each)

1. Greeted and introduced self to participants
2. Displayed positive body language at all times
3. Ensured all non-swimmers were suitably positioned in the pool
4. Respected the participants' needs throughout
5. Checked participants' comfort throughout

Professional conduct – 5 Marks (1 mark each)

1. Had a clean and neat appearance
2. Checked participants were wearing the correct clothing
3. Demonstrated knowledge of Health & Safety regulations
4. Ensured equipment was clean and in good working order prior to and after the session
5. Ensured equipment was stowed away correctly at the end of the session

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

Pulse check – 5 Marks (1 mark each)

1. Correctly demonstrated how to take the pulse from the larger carotid artery
2. Correctly demonstrated how to take the pulse from the radial pulse
3. Assisted participants in taking their pulse in both areas where necessary
4. Ensured the pulse was taken after the warm-up
5. Ensured the pulse was taken after the conditioning section

Warm-up – 10 Marks (2 marks each)

1. Demonstrated and guided the participants correctly through a graduated warm-up
2. Raised the cardiovascular and muscular-skeletal systems appropriately
3. Demonstrated variety and progression of choreography
4. Explained the exercises simply and precisely paying attention to the speed of movements
5. Gave alternative exercises where necessary

Conditioning – 20 Marks (2 marks each)

1. Performed the correct water-based exercises for the appropriate session
2. Performed within the correct time limit
3. Ensured movements were controlled and smooth
4. Demonstrated variety and progression in the movements
5. Made good use of the equipment available
6. Explained the exercises simply and precisely
7. Gave alternatives where necessary
8. Ensured all participants performed the exercises correctly
9. Verbal and non-verbal communication was used appropriately
10. Finished the section appropriately

Stretch/cool down – 10 Marks (2 marks each)

1. Performed the correct stretch/cool down for the appropriate session
2. Lowered the cardiovascular and muscular-skeletal systems appropriately
3. Included progressions and adaptations
4. Gave alternative exercises where necessary
5. Ensured all the participants performed the exercises correctly

Water-based session – 10 Marks (5 marks each)

1. Made good use of the pool
2. Ensured all participants kept warm throughout the session

Use of music – 5 Marks (2.5 marks each)

1. Used appropriate music throughout the programme
2. Used the correct tempo of music throughout the programme

Voice projection– 10 Marks (5 marks each)

1. Demonstrated effective use of voice projection throughout the session
2. Was heard and understood by all participants

Lesson plans – 10 Marks (2 marks each)

1. Ensured the aims and objectives were achieved
2. Ensured all teaching points were correct for the exercises given
3. Ensured timings and sequences were correct
4. Ensured the lesson was balanced
5. Ensured the speed and type of music chosen was appropriate

Document History

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