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# Marking Criteria

## iUSP144 – Instructing gym-based exercise

### Appearance – 5 marks (1 mark each)

1. Clean, neat and appropriate work wear with minimal jewellery
2. Appropriate comfortable and clean 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 and professional conduct – 5 marks (0.5 marks 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
6. Had a clean and neat appearance
7. Demonstrated knowledge of Health & Safety regulations
8. Ensured equipment was wiped down with appropriate sanitiser before use
9. Ensured drinking water was made available throughout
10. Ensured ancillary equipment/free weights wiped and stacked away appropriately after use

### Core teaching rationale – 10 marks (2 marks 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 – 10 marks (see below)

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| 1. Consulted with client and completed a PARQ                      | (4 marks) |
| 2. Correctly demonstrated how to use the cardiovascular machines   | (2 marks) |
| 3. Correctly demonstrated how to use the fixed resistance machines | (2 marks) |
| 4. Showed the client the changing facilities, toilets and showers  | (2 marks) |

### 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

**Cardiovascular machines - 10 marks (see below)**

1. Checked the cardiovascular machine was in good working order and client not contraindicated (2 marks)
2. Correctly demonstrated how to use the specific cardiovascular equipment and gave reasons for preference (3 marks)
3. Correctly demonstrated and guided the client through a graduated warm-up (3 marks)
4. Demonstrated a high level of safety throughout (2 marks)

**Machine weights – 10 marks (2 marks each)**

1. Selected the appropriate exercises for the client
2. Correctly demonstrated how to use the appropriate static weights machines
3. Guided client through the appropriate static weights machines
4. Demonstrated spotting techniques on all appropriate machines
5. Demonstrated a high level of safety

**Free Weights – 20 marks (see below)**

1. Selected the correct weight for the client (3 mark)
2. Selected the appropriate exercises for the client (5 marks)
3. Guided the client through all the appropriate exercises (5 marks)
4. Demonstrated spotting techniques for all appropriate exercises (2 marks)
5. Demonstrated specific stretches during and after use of free weights (2 marks)
6. Demonstrated a high level of safety throughout (3 marks)

**Core Stability – 5 marks (1 mark each)**

1. Ensured correct exercises were performed for the appropriate session
2. Ensured movements were controlled and smooth
3. Ensured variety and progression were demonstrated
4. Ensured exercises were explained simply and precisely, and that alternatives were given where necessary
5. Ensured the client performed the exercises precisely and correctly

**Appropriate stretches – 5 marks**

1. Explained and demonstrated the appropriate exercises (2 marks)
2. Ensured the client performed each stretch correctly (1 mark)
3. Ensured all major muscle groups were stretched (1 mark)
4. Ensured timing and a high level of safety were demonstrated throughout (1 mark)

**Programme overall – 15 marks**

1. Discussed with client prior to the session his/her preferences to type of exercise **(2 marks)**
2. Completed consultation and discussed programme with client **(2 marks)**
3. Discussed likes and dislikes of programme with client at the end of the session **(1 mark)**
4. Altered the programme where necessary according to client's wishes and appropriateness of the programme **(2 marks)**
5. Discussed with client the need for appropriate work wear **(1 mark)**
6. Discussed with client the importance of drinking water throughout **(1 mark)**
7. Discussed with client the importance of health and safety within the gym **(2 marks)**
8. Concluded the programme correctly (adaptations/progressions) **(4 marks)**

## Document History

Version	Issue Date	Changes	Role
1	27/02/2020	First Published	Assessment Lead – Sport