Level 2 Gym Instructor ONLINE course

You may find it useful to print this guidance so you can work through and tick off along the way.

ASSESSMENT 3 - 7

**The following information will guide you through how to complete Assessments 3-7. These assessments are divided up into 'TASKS'. It is very important you progress through these tasks in numerical order!**   
  
****TASK ONE**** - relating to Assessment 5 (don't worry you've not missed 3 or 4 - we'll get to them later!)  
  
The elearning module relating to this task is ****'Gym-based Programme Delivery and Professional Instruction'****.  
  
Consultation  
You will complete and be observed conducting a client consultation with a healthy adult aged 16-69 years utilising the screening and consultation forms, which can be found in your Learner Achievement Record/LAR (which you should already have saved on your computer).

The forms you will complete for this consultation with your client include;

* **Client consultation form,**
* **PARQ and**
* **Informed Consent**.

The health assessments chosen during the consultation must be relevant to the client and their goals (a minimum of 2 assessment must be conducted).   
  
You will be assessed against the ****'consultation observation feedback record'****, found in your LAR, so we advise that you familiarise yourself with this form prior to completing the consultation with your client.   
  
Your consultation must be filmed from start to finish in one go. Please upload your consultation to YouTube as a private video giving access to your assessor. You can then submit the link to the video along with your LAR using our coursework submission form. It is important you submit your LAR with your video file, so your assessor can assess and sign off your consultation. Your assessor will then email your LAR back to you so you can continue with the next task.  
  
You will find some guidance on how to upload a video to You Tube on the course page.

TASK TWO - relating to Assessment 3 and 6.  
The elearning modules that relate to this task is 'Gym-based Programme Planning and Preparation'.  
  
For this task you will complete 3 written programme cards;

* one for a healthy adult aged 16+ years (the same client as Task One),
* one for a younger person aged 13-18 years (theoretical case study), and,
* one for a theoretical adult aged 50+ years (theoretical case study).

Health Adult Aged 16+ (Your TASK ONE client)  
The written plan should include:

* Appropriate warm up (with pulse raising relevant to the client)
* 2 of the following types of CV equipment (1 of these can be used in the warm up or cool down as well, the other must be for the main CV workout)
  + upright cycle
  + recumbent cycle
  + treadmill
  + stepper
  + rowing machine
  + elliptical training
  + cross-trainer
* Minimum of 8 resistance exercise, 4 from each of the following:
  + resistance machine lifts
  + free weight lifts
* Minimum of 2 bodyweight exercises (including any functional/motor skills exercises appropriate for the client)
* Appropriate cool down (with pulse lowering and mobility/stretching relevant to the client including a minimum of 1 development stretch in cool down)

The planned duration of the programme shoulder be a minimum of 45 minutes.  
  
Younger Person Client aged 13-16 years  
You do not need to work with a real client aged 13-16 years. The pre-completed consultation and screening forms for this theoretical client can be found in your LAR. Please use the above plan guidelines to design a programme for this client.  
  
Older Adult Client aged 50+ years  
You do not need to work with a real client aged 50+. The pre-completed consultation and screening forms for this theoretical client can be found in your LAR. Please use the above plan guidelines to design a programme for this client.  
  
Please now submit your LAR for marking. Your assessor will assess your work and email your LAR back to you so you can continue with the next task.

TASK THREE - relating to Assessment 7  
The elearning module that relates to this task is 'Gym-based Programme Planning and Preparation'.  
  
For this task you are required to answer the knowledge questions located in your LAR. The pass mark is 100% so please provide comprehensive answers. Your assessor will let you know if you need to re-visit any questions. You can continue with the next task (in the next email) - you do not need to submit your LAR for marking at this stage.

****You must complete TASK ONE and TWO and submit your LAR for marking using our coursework submission form BEFORE progressing on to TASK FOUR.****

****TASK FOUR** - relating to Assessment 4 and 5**  
This task is comprised of three practical observations.  
  
The elearning module that relates to this task is '**Gym-based Programme Delivery and Professional Instruction'**.  
  
****Practical Observation One**- on-course group formative assessment.**  
For this assessment you will be required to deliver a number of gym-based exercises to a **group of 3-5 people**. You will be assessed against the checklist called ****'on course group formative assessment checklist'**** in your LAR. You need to familiarise yourself with this checklist to ensure you cover all the areas required for the assessment.   
  
You will be observed delivering specific gym-based exercises with a group of 3-5 people. Exercises should cover the following:

* 1 type of CV equipment (the machine selected must be different to those used for your TASK ONE client's programme)
  + upright cycle
  + recumbent cycle
  + treadmill
  + stepper
  + rowing machine
  + elliptical trainer
* 2 resistance exercises, 1 from each of the following (must be different from those used for your TASK ONE client's programme)
  + resistance machine lift
  + free weight lift
* 1 body weight exercise

Please follow the following guidelines when filming all the required sessions:

* The whole session should be filmed non-stop from start to finish
* You and you students should remain in camera shot at all times
* The film should not be edited in any way
* We must be able to hear you throughout the video (if music is playing, make sure it is not next to the camera)

****Practical Observation Two**- on-course individual formative assessment.**  
For this assessment you will be required to deliver a number of gym-based exercises to an individual (someone different to your TASK ONE client). You will be assessed against the checklist called ****'on course individual formative assessment checklist'**** in your LAR. You need to familiarise yourself with this checklist to ensure you cover all the areas required for the assessment.   
  
You will be observed delivering specific gym-based exercises with this individual client. Exercises should cover the following:

* 2 resistance exercises, 1 from each of the following (must be different from those used for your TASK ONE client's programme)
  + resistance machine lift
  + free weight lift
* 2 body weight exercises (1 of which must be your assessor’s choice – please email your assessor for your 2nd body weight exercise)

The first two practical assessments must be completed **and passed** prior to completing the below Practical Assessment Three.  
  
Please upload your sessions to YouTube as a private video giving access to your assessor. You can then submit the link to the videos and your LAR using our coursework submission form.  
  
You will find some guidance on how to upload a video to You Tube on the course page.

Once the above two assessments are passed, you can then progress on to the below practical assessment.  
  
****Practical Observation Three**- end of course practical assessment.**  
You will be observed delivering a gym-based exercise session to your TASK ONE client. You will deliver elements of the planned session you designed in TASK TWO for this client. This will include:

* the warm up and cool down including appropriate stretches,
* One or more pieces of CV equipment to be used for the main CV workout,
  + upright cycle
  + recumbent cycle
  + treadmill
  + stepper
  + rowing machine
  + elliptical trainer
* 1 resistance machines lift
* 1 free weight lift

You will be assessed against the ****'end of course summative assessment'****checklist found in your LAR. You need to familiarise yourself with this checklist to ensure you cover all the areas required for the assessment.   
  
Immediately following the completion of Practical Observation Three, you must complete the Self-Evaluation form, which you can find in your LAR.  
  
Please upload your sessions to YouTube as a private video giving access to your assessor. You can then submit the link to the videos and your LAR using our coursework submission form.