

Adapted Certificate in Gym Instructing practical assessments

Learners can only complete the adapted Level 2 Gym Instructing practical assessments online if they have some equipment at home that they can use to film themselves instructing someone from the same household and submit this as formative evidence. If the learner doesn't have any equipment (see below examples of equipment) or someone who lives with them willing to participate then the learner can't be assessed and can only complete the learning part of the course and await the facilities to reopen and complete the practical day and assessments at a facility.

Equipment – some examples

- Stairs for C.V (stepper)
- Tins, water bottles as dumbbells
- Broom as barbell
- Chair for tricep dips

**It would be beneficial if learners had some gym equipment at home, however not mandatory. Learners are unable to use kettlebells unless they are kettlebell qualified.*

Assessments

Consultation

This is already completed within the online delivery of the course and therefore won't need to be adapted.

Planning of programme

The learner will need to complete a programme card for the gym environment to show that they have the ability to do so. In addition to this the learner will need to complete another programme to allow them to devise a programme for their home environment and use for their adapted summative practical video submission. A copy of this must be sent to the tutor for marking prior to filming the practical session.

Adapted Planning of programme, learners will need to:

- Design a 45–60-minute session for their client using a safe and effective session structure. Take all the information gathered during the consultation into account to ensure that the planned session will suit the client's needs, goals and ability.

The session plan must include:

- A suitable warm-up and preparatory stretch component (stretch diagrams must be included)
- A suitable main workout, including a minimum of three free weight, three body weight and two functional exercises
- A suitable cool-down and stretch component (stretch diagrams must be included)
- Planned adaptations and modifications to regress, progress and accommodate client need

Learners can choose from the equipment/exercises available to them in their current environment.

Summative observed session

The learner will then need to deliver their planned adapted session with their client (person from same household), adhering to the following guidelines.

- Practical assessment must be delivered in line with NHS Public Health and government guidelines, either 121 outdoors, or indoors with a member of the same household
- Learners may use members of their household as clients to participate in summative practical assessment
- Learners will need to video themselves following Active IQ Digital Recording Guidelines (please see attached to this email), delivering their planned session with their client.

The learner will be assessed by the below checklist:

Exercise : The learner has :	CV 1	CV 2	RM 1	RM 2	RM 3	RM 4	FW 1	FW 2	FW 3	FW 4
1.Explained the correct set up of the equipment.										
2.Explained the correct technique and safe use of equipment.										
3.Identified the prime movers involved in the exercise										
4.Provided clear and accurate explanations for the exercise										
5. Explained modifications, adaptations and alternatives to progress and regress of the exercise										
6.Identified good and/or poor performance										
7.Provided coaching points to improve performance										

Professional discussion – Exercise techniques

Learners need to show that they are able to teach a range of gym equipment (range shown below), by completing an interactive professional discussion.

- Three types of cardiovascular equipment
- Four resistance machine lifts
- Four free weight lifts

Learners will also need to discuss how they would adapt their coaching technique when delivering group inductions.

The professional discussion will take place via zoom, this discussion will be recorded by the assessor. The interactive professional discussion will incorporate the use of equipment/technique videos provided by Active IQ which will include both correct and poor technique. The videos will include 30 second silent video clips of a person using the equipment detailed above. After viewing the video,

the learner will be expected to explain the set-up requirements of each piece of equipment/ exercise and the coaching technique they would use when instructing a client using the equipment/exercise.

Learners will then be given a second opportunity to view the video clip and will be expected to highlight good and poor performance and provide corrective coaching points to improve their client's performance based on the video observed.

Refer

If the learner refers any of the assessments, an administrator will contact the learner to arrange a resit.