

## **Level 2 Practical Assessment Procedure**

You will need the following for the day:

- Pen & Paper to make notes and complete evaluation
- Gym Kit
- Warm clothing (when not active)
- Provisions (food and/or drink)
- You will also need to bring proof of ID to your assessment day (Passport, Driver's License).  
Failure to do so will mean you will be unable to carry out your assessment.

Assessments can be booked onto one of two blocks in a day: Morning (AM) Session and an Afternoon (PM) session. On the day you will complete the role of Instructor for your assessment, but also undertake the role of client for another student on the day. The order of assessments will be announced after the group debrief.

All learners will arrive at the venue at 10 minutes before their scheduled time slot. On the day you will be met by an OriGym Tutor. They will be wearing an OriGym uniform and will announce themselves to you. If you are unable to locate them, please speak with a member of staff at reception.

We would advise you to be mindful of the fact that if you are late, this will cause a disturbance to the schedule of the day. If your assessment doesn't start on time there will not be sufficient time to complete the assessment and you will be unable to carry out your assessment.

We wish you the best of luck with your upcoming assessment!

**NB: Please ensure you only book an assessment day that you can attend. There is a 5 working day cancellation period for assessments. If you do not attend your workshop or assessment day or cancel within the 5 working days, your future bookings will be cancelled and you will be charged a £50 fee to book again. Should you wish to cancel please do so via the bookings system online.**

## A Break Down of the Day

### At the start:

- All learners will arrive 10 minutes before their scheduled time and wait for their assessor at reception
- Learners Identification (photo id only) will be checked ○ Learners "assessment level" will be checked against register ○ Learners will be briefed on how the day will run
- Learners will be given a breakdown of the assessment criteria ○ Learners will be notified on the appeals procedure and where to locate it ○ Learners will be given time to ask questions to clarify areas of uncertainty ○ Following this, this the practical assessment will begin

### The Level 2 practical assessment will consist of the following:

- **x2 CV exercises** ○ **x2 fixed resistance machines** ○ **x2 free weight exercises** ○ **x2 body weight exercises** ○ **Stretches (x2 dynamic and x1 developmental)**

## Sections of the Assessment

### Section 1:

**Introduction** = Learners will welcome their client, make them feel at ease and discuss the aims and expectations of the session. Learners need to include:

- Preparation of themselves, the equipment and the environment (check floor is clear, equipment in working order, etc.)
- Welcome the client and build a rapport
- Brief the client on the facilities health and safety procedures
- Perform a verbal PAR-Q on the client (any recent injuries)
- Briefly describe the session and what is involved, explain to the client how physically demanding the session will be.

## **Section 2:**

### **CARDIOVASCULAR SECTION**

**CV 1** = Assessor directs the learner to deliver a **5 minute** CV warm up:

- Assessor choice of CV exercise
- **The assessor will choose from upright cycle, recumbent cycle, stepper, treadmill, x- trainer, or rower. They will state for example:** ● “Show me a 5 minute CV warm up on the upright bike”

### **DYNAMIC STRETCHES**

The Assessor will ask the learner to then deliver **2** dynamic stretches following the CV warm up Assessor choice for example:

- “Show me a lunge with twist”

**CV 2** = The Assessor will direct the learner to deliver a 10 minute main CV component, the assessor will choose whether they deliver an **aerobic curve** or **interval training**

- Assessor choice of CV exercise
- Exercise choice will be different from the warm up
- The assessor will choose from: **upright cycle, recumbent cycle, stepper, treadmill, x- trainer, or rower.** They will also choose whether the CV component **aerobic curve** or **interval training**.
- The assessor will say for example:
- “Show me a 10 minute main **aerobic curve** on the x-trainer” or “Show me a 10 minute main **interval session** on the upright bike”

### **FIXED RESISTANCE**

*NB: Please note the differences between the first '1' and second '2' exercise request for each method **Fixed Resistance (FX)**, **Free Weight (FW)** and **Body Weight (BW)***

Training aims: Power pyramid (Stability, Endurance, Hypertrophy, Strength and Power) Use the Power Grid to select appropriate Rep, Set, Weight and Rest ranges.

**FX 1** = Assessor choice of **exercise** and **training aim** e.g.

- “Show me a Lat Pull Down in the Endurance range”
- “Show me a seated row in the Hypertrophy range”

**FX 2** = Assessor directs the learner to instruct a **fixed resistance exercise** for a specific **muscle group** for example:

- “Show me a fixed resistance exercise for the pectoralis major”
- “Show me a fixed resistance exercise for the deltoids” ● “Show me a fixed resistance exercise for the hamstrings”

**FW 1** = Assessor choice of **exercise** and **training aim** e.g.

- “Show me a Barbell bench press in the Endurance range” ● “Show me a single arm DB row in the Hypertrophy range”

**FW 2** = Assessor directs the learner to instruct a **free weight exercise** for a specific **muscle group** for example:

- “Show me a free weight exercise for the triceps”
- “Show me a free weight exercise for the latissimus dorsi” ● “Show me a free weight exercise for the quadriceps”

**BW 1** = Assessor choice of **exercise** and **training aim** e.g.

- “Show me a Press up in the Endurance range” ● “Show me an abdominal curl in the Hypertrophy range”

**BW 2** = Assessor directs the learner to instruct a **body weight exercise** for a specific **muscle group** for example:

- “Show me a body weight exercise for the rectus abdominis”
- “Show me a body weight exercise for the pectoralis” ● “Show me a body weight exercise for the erector spinae”

**Developmental stretch** = Assessor directs the learner to instruct 1 - 2 developmental stretches for a specific muscle group or area for example:

- “Show me a developmental stretch for the hamstrings”
- “Show me a developmental stretch for the lower body”

### **Section 3:**

**Close of Session** = The assessor will ask the learner to bring the session to an end. Learners will end the session with their client appropriately. Learners need to:

- Provide the client with feedback regarding their performance, highlighting strengths and areas for improvement.
- Gain feedback from the client regarding their the session
- Ask the client to explain if instructions provided were clear and effective
- Ask the client how the session felt and how demanding they found it
- Check the client could carry out the session without supervision
- Leave the environment in a suitable condition

### **Following your assessment:**

- If needed, any comprehension questions that could determine outcome will be asked first
- Assessor will notify learner of the outcome (Pass/Refer)
- Learners will then complete a ‘Session Evaluation Form’ based on client’s feedback
- Assessor will then offer learner feedback on session (including areas of strength and areas for improvement)

**IMPORTANT:** Once the assessment has come to a close the documents will be kept by the assessor.

These will be uploaded to your platform within 5 working days with the result shown either pass/refer.