



O R I G Y M

***Level 2 Certificate  
In Fitness Instructing Online***

**MODULE 8:  
THEORY AND PRACTICAL SUMMATIVE PRACTICAL ASSESSMENT**

**A Practical Guidance video is available on the learning platform which outlines the contents of the day.**



## 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.**

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.

Observed Summative Practical Assessments will take place throughout the day (9am-5pm). However, once your assessment has concluded you must leave the venue.

**You will no longer need to bring your own client ensuring you can review times that best suit you.**

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 day or cancel within the 5 working days, you will be charged a £25 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, 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:

CV1 = Assessor directs the learner to deliver a 5minute CV warm up:

- **Assessor choice of CV exercise**
- **The assessor will choose from upright cycle, recumbent cycle, stepper, treadmill, xtrainer, 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"*

CV2 = 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, xtrainer, 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"*

**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.

## L2 Assessment Documents



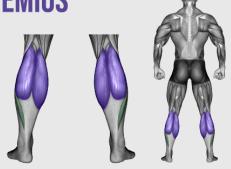
## Resources for Preparation of Assessment (Resistance) Lift List 2020



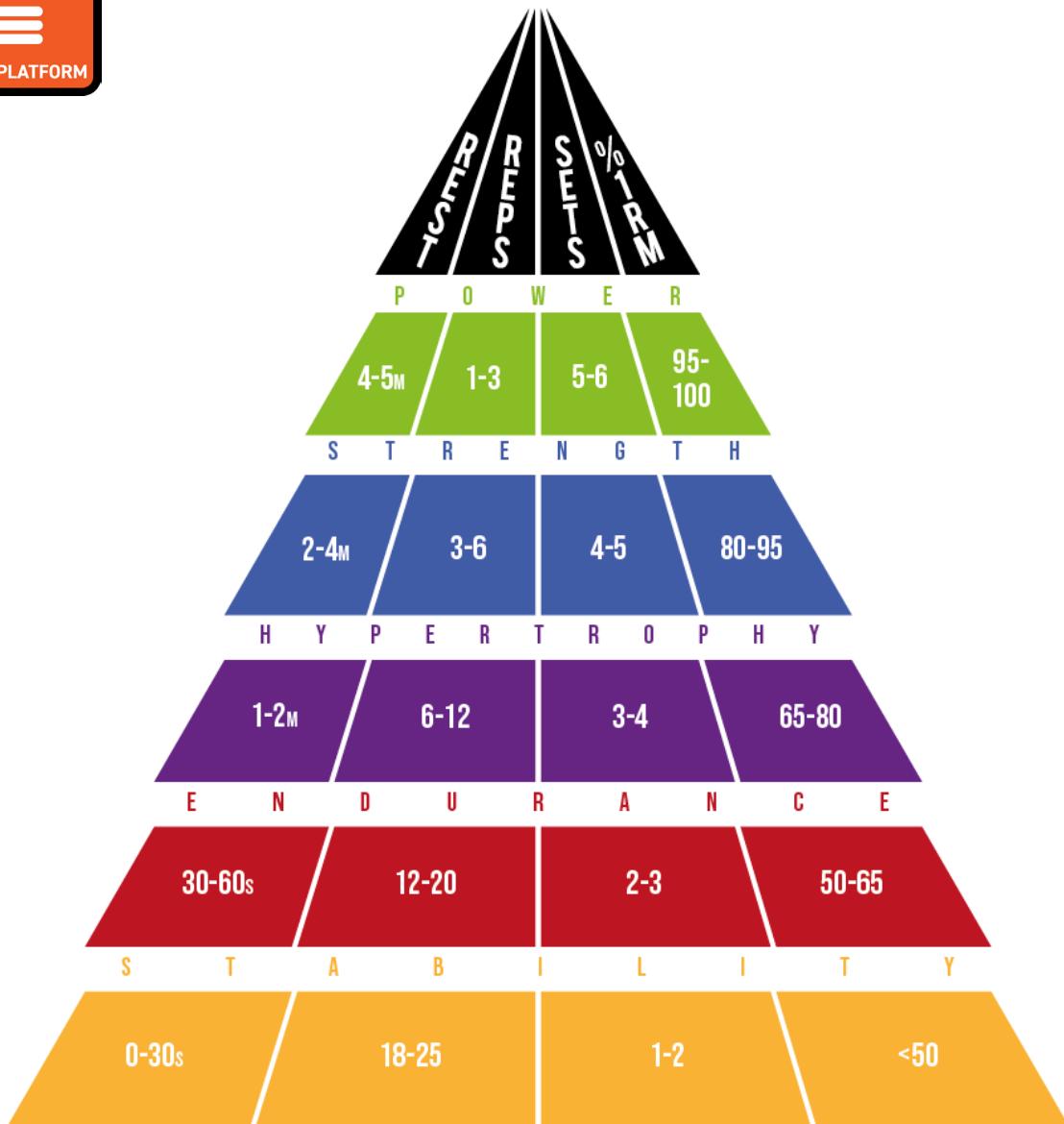
# THE LIFT LIST

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MUSCLE	EXERCISE	FX	FW	BW	ISO	COM
BICEPS	EZ Bar Bicep Curl					①
	Cable Bicep Curl					①
	Dumbbell Bicep Curl					①
	Bicep Body Row					②
	Machine Bicep Curl					①
TRICEPS	Tricep Dips					②
	Lying Tricep Extensions					①
	Close Grip Tricep Press					②
	Seated Tricep Push Down					②
	Triceps Push Down					①
DELTOIDS	Frontal Raise					①
	Lateral Raise					①
	Upright Row					②
	Seated Shoulder Press					②
	Standing Overhead Press					②
	Frontal Deltoid Fly					①
PECTORALS	Dumbbell Bench Press					②
	Seated Chest Press					②
	Chest Fly					①
	Pec Deck Fly					①
	Press Ups					②
TRAPEZIUS	Barbell Bent Over Row					②
	Machine Seated Row - Pronated					②
	Dumbbell Single Arm Row					②
	Machine Seated Row - Neutral					②
	Inverted Body Row					②
	Cable Seated Row - Supinated					②
RHOMBOID	Seated Machine Rear Fly					①
	Standing Cable Rear Crossover					①
	Dumbbell Reverse Fly					①
LATISSIMUS DORSI	Dumbbell Pull Over					②
	Lat Pull Down					②
	Chin Ups					②
	Pull Up					②
	Cable Pushdown					①

MUSCLE	EXERCISE	FX	FW	BW	ISO	COM
<b>OBLIQUES &amp; HIP FLEXORS</b> 	Flutter Kicks			⚡	①	
	Plank			⚡	①	
	Bicycle Crunch			⚡		②
	Cable Wood Chop	🏋️				②
<b>RECTUS ABDOMINUS &amp; ERECTOR SPINAE</b> 	Back Extension			⚡		②
	Abdominal Curl			⚡		②
	Seated Abdominal Crunch	🏋️				②
	Seated Back Extension		🏋️		①	
<b>GLUTEALS</b> 	Rear Lunge	🏋️		⚡		②
	Glute Kickbacks			⚡	①	
	Glute-Ham Raise	🏋️		⚡	①	
	Glute Bridge			⚡	①	
	Squat	🏋️		⚡		②
	Deadlift	🏋️				②
	Lunge	🏋️		⚡		②
	45° Leg Press	🏋️				②
<b>HAMSTRINGS</b> 	Seated Leg Curl	🏋️			①	
	Lunge		🏋️	⚡		②
	Deadlift		🏋️			②
	Lying Leg Curl	🏋️			①	
	45° Leg Press	🏋️				②
	Squat		🏋️	⚡		②
	Rear Lunge	🏋️		⚡		②
<b>QUADRICEPS</b> 	Squat		🏋️	⚡		②
	Rear Lunge		🏋️	⚡		②
	Lunge		🏋️	⚡		②
	Back Squat		🏋️			②
	Leg Press	🏋️				②
	Leg Extension	🏋️			①	
<b>ABDUCTORS &amp; ADDUCTORS</b> 	Glute Bridge Hip Abduction			⚡		②
	Total Hip Machine	🏋️			①	
	Seated Hip Abduction	🏋️			①	
	Seated Hip Adduction	🏋️			①	
	Sumo Squat		🏋️	⚡		②
<b>GASTROCNEMIUS &amp; SOLEUS</b> 	45° Calf Press	🏋️			①	
	Seated Calf Raise	🏋️	🏋️			②
	Standing Calf Raise (Supported)			⚡	①	
	Standing Calf Raise	🏋️	🏋️	⚡	①	

## Resources for Preparation of Assessment (Power Pyramid Download)



## Power Grid Download



	POWER	SETS	%1RM	REST	
STRENGTH	1-2	6	95-100	5MIN	GENERAL STRENGTH
HYPERTROPHY	2-3	5	90-95	4-5MIN	
ENDURANCE	3-5	5	85-90	3-4MIN	MAXIMUM STRENGTH
	5-6	4	80-85	2-3MIN	
STABILITY	6-8	4	75-80	2MIN	MAXIMUM STRENGTH
	8-10	3	70-75	90SEC -2MIN	
	10-12	3	65-70	60-90 SECS	MAXIMUM STRENGTH
	12-15	3	60-65	60SECS	
	15-18	2	55-60	45-60 SECS	MAXIMUM STRENGTH
	18-20	2	50-55	30-45 SECS	
	20-25	1	<50	0-30 SECS	MAXIMUM STRENGTH

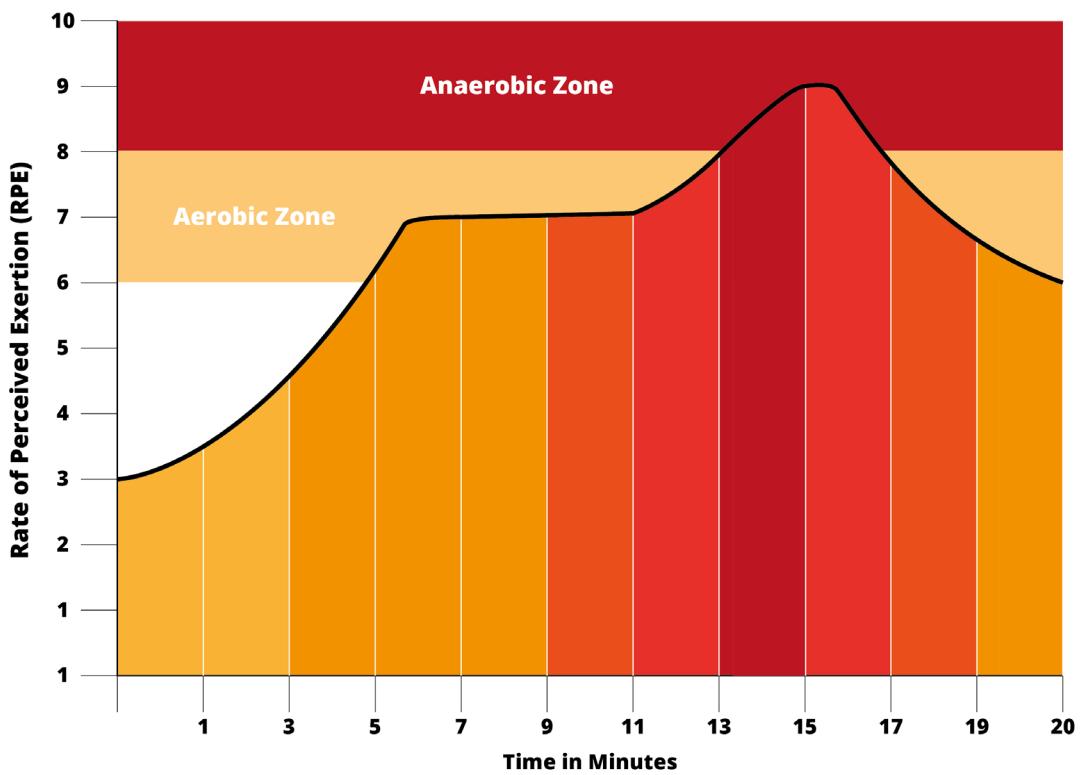
## Workouts Combined



### Aerobic Curve



### Aerobic Curve



## Resources for Preparation of Assessment (Cardio)

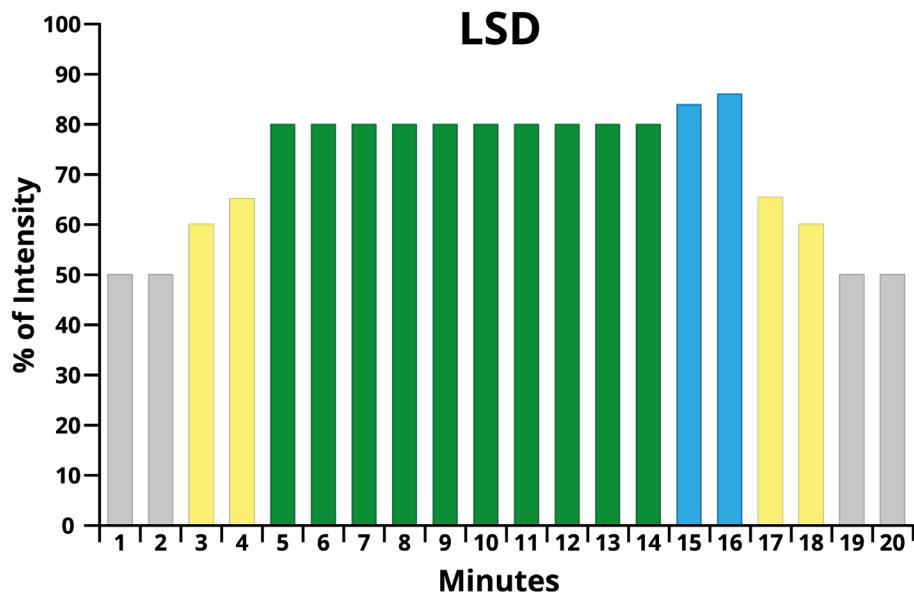
### RPE Scale



RPE Scale	
Rating of Perceived Exertion Chart (Cardio)	
	I am dead!
	I am probably going to die!
	I can grunt in response to your questions and can only keep this pace for a short time period.
	I can still talk but I don't really want to and I am sweating like a pig!
	I can still talk but I am slightly breathless and definitely sweating.
	I'm just above comfortable, I am sweating more and can talk easily.
	I'm sweating a little, but I feel good and I can carry on a conversation comfortably.
	I am still comfortable, but I'm breathing a bit harder.
	I'm comfortable and I can maintain this pace all day long.
	I'm watching TV and eating bon bons.

O R I G Y M

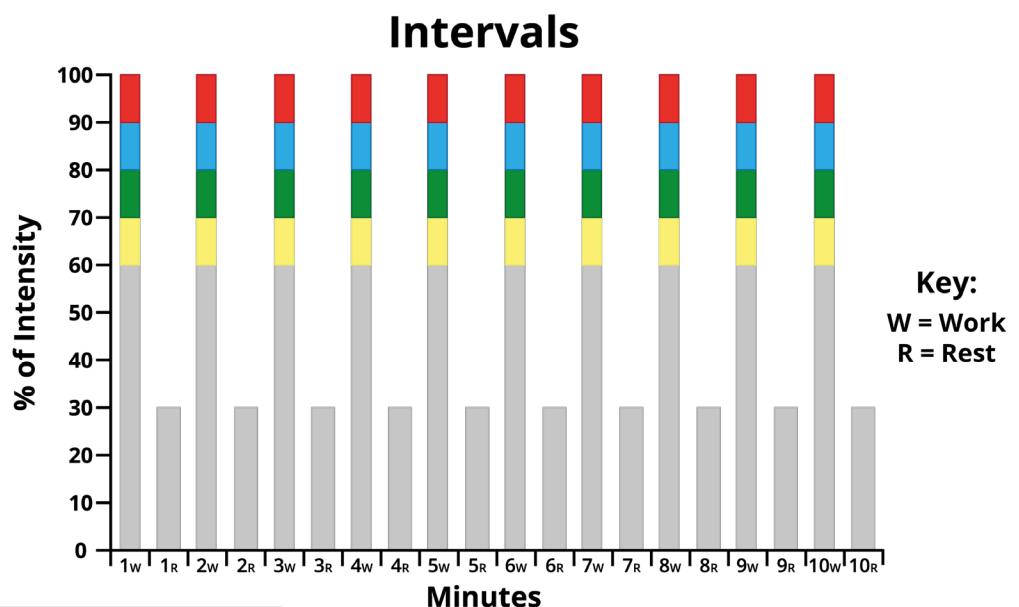
## LSD Graph



% Heart Rate Max	
<60%	Warm up / Cool down
60-70%	Fat Burn
70-80%	Aerobic Endurance
80-90%	Anaerobic Endurance
90-100%	Red Line / VO <sub>2</sub> max

System	Speed	Capacity	Duration	Fuel
Aerobic	Slow	Large	>2min	Fat, CHO, Protein, Glycogen
Lactate	Fast	Medium	10sec - 2min	CHO & Glycogen
CP	Sprint	Low	<10 sec	ATP, Phosphocreatine

## Interval Graph



% Heart Rate Max	
<60%	Warm up / Cool down
60-70%	Fat Burn
70-80%	Aerobic Endurance
80-90%	Anaerobic Endurance
90-100%	Red Line / VO <sub>2</sub> max

System	Speed	Capacity	Duration	Fuel
Aerobic	Slow	Large	>2min	Fat, CHO, Protein, Glycogen
Lactate	Fast	Medium	10sec - 2min	CHO & Glycogen
CP	Sprint	Low	<10 sec	ATP, Phosphocreatine