

Observed Summative Assessment

Gym Instructor (Level 2)

Learner Name:

Date:

✓=Criteria Met

X=Criteria Not Met

Q=Question to be asked

C=Competent with feedback

Section 1A – Before commencing the session the student competently met the following assessment criteria:

A – Prepare the environment and ensure safety at all times:

B – Advise client of the emergency procedures and assess their readiness to exercise:

C – Explain the possible physical and technical demands of the session ahead:

D – Assess the client's physical readiness and current medical status to exercise:

E – Assess the client's motivational status to exercise:

Section 1B – Throughout the session the student competently met the following assessment criteria:

A – Build a rapport with their client and ensure they feel at ease:

B – Explain the objective and physical demands of each exercise:

C – Explain how each exercise might be progressed or regressed:

D – Leave the environment in a suitable condition for future use:

Section 2: Instruct and supervise clients undertaking gym-based exercise (inclusive of body weight exercises). Did the learner:

	Exercise 1 is always a directed exercise chosen by the assessor, exercise 2 assessor states a muscle for which an exercise must be shown	CV 1 WU	CV 2	FX 1	FX 2	FW 1	FW 2	BW 1	BW 2	STRETCH
A.	Demonstrate exercises that are technically correct and at the correct speed (with safe and effective alignment of exercise positions)?									
B.	Provide clear and accurate instructions and explanations to the client?									
C.	Communicate as appropriate to clients needs and the environment?									
D.	Adopt appropriate positions to observe clients and respond to their needs?									
E.	Monitor the safety and intensity of exercise?									
F.	Provide feedback and instructing points which are timely, clear and motivational?									
G.	Adapt exercises with suitable progressions and regressions according to client needs?									
H.	Present a positive image of self and organisation to clients?									
I.	Establish an effective working relationship with clients?									
J.	Communicate with clients in a way that makes them feel valued?									
K.	Use motivational styles appropriate to the client and the exercise format?									
L.	Demonstrated safe and effective lifting and passing techniques appropriate to the exercise (including dead lifting the barbell safely from the floor and spotting)?									
M.	Managed the timings of the session effectively?									

Section 3A:

Whilst bringing the session to a close the student completely met the following assessment criteria:

A – Provide the client with feedback from the session:

B – Give the client the opportunity to offer feedback on the session and your delivery:

C – Effectively bring the session to a close:

Pass:

Refer:

Assessor Signature:

IQA Signature:

Date:

Assessor Feedback Sheet

Gym Instructor (Level 2)

Section 1A Overall Feedback:

Exercise | Criteria | Q/C | Feedback section:

Section 1B Overall Feedback:

Exercise | Criteria | Q/C | Feedback section:

Section 2 Overall Feedback:

Exercise | Criteria | Q/C | Feedback section:

Section 3 Overall Feedback:

Exercise | Criteria | Q/C | Feedback section:

Instructor Session Evaluation Form

Gym Instructor (Level 2)

Instructor Name:

Client Name:

Date:

1. What feedback did the client give you during the session?

2. How effective was the level of intensity for each exercise?

3. How effective and motivational was your relationship with the client?

4. How well did your instructional style meet the clients' needs?

5. Based on the above feedback, how can you improve your personal practice?

Rate your effectiveness of the following:

Safety:



Communication:



Motivation:



Organisation:



How would you rate your overall session delivery?

Needs Improvement	Fair	Good	Very Good	Excellent:
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