

Assessment Adaptations for YMCA Level 2 Award/Certificate in Instructing Group Circuit Training (603/3751/5 and 603/3752/7)



Overview

This document is designed to provide guidance on how assessments can be adapted to allow learners to complete their qualification when face-to-face delivery/assessments may not be possible.

Important information

If usual delivery of teaching is not possible, consider using a mixture of:

- eLearning
- manuals
- virtual classrooms.

Centres must ensure that learners are fully prepared before any assessment takes place. This includes ensuring that both learners and their clients are always safe and have agreed to the conditions of the adapted assessment. You may need to consider:

- how you will document agreement from the learner
- risk assessments of the assessment environment
- providing learners with additional guidance on remote assessment
- providing learners with an opportunity to practice adaptations before summative assessment
- how you will stop a learner if they are doing something unsafe.

Formative assessment must take place before learners complete their final summative assessment. If both are being completed remotely, you will need to plan in enough time to allow the learners to practice any corrective actions. You will also need to confirm that learners have taken feedback on board before completing summative assessment to ensure you are not setting them up to fail.

Whilst leisure/studio facilities remain closed, **learners may complete the summative practical assessment in a suitable outside environment with a group of at least 4 participants**. Learners must ensure they continue to follow current social distancing guidance and consider potential distractions when selecting a suitable space.

You do not need approval to complete assessment adaptations outlined in this document, but you must seek approval before making any other changes.

When carrying out practical assessment remotely, using video conferencing solutions, you should support your learners to understand how to use the selected platform and should make a recording that can be made available for internal and external quality assurance. You should refer to our policy on [Video evidence in practical assessments](#) for detailed guidance which includes information on retaining evidence for quality assurance purposes.

You will need to give us at least 5 working days' notice that final summative assessments is taking place to support us to plan external quality assurance activity.

Assessment element by unit

Unit	1	2	3	4	5	6
Anatomy and physiology for exercise and fitness instructors (K/616/7823)	x	x				
Providing a positive customer experience in the exercise environment (M/616/7824)		x				x
Lifestyle management and health awareness (K/616/7949)		x				
Principles of planning and delivering group exercise (R/617/1395)			x		x	x
Plan and deliver group circuit training (R/617/2904)				x	x	

Allowed assessment adaptations

Assessment element	Current assessment method	Allowed assessment adaptation
Assessment element 3: Principles of planning and delivering group exercise knowledge questions	Learner assessment record (LAR)	No adaptation required
Assessment element 4: Plan and deliver group circuit training knowledge questions	Learner assessment record (LAR)	No adaptation required
Assessment element 5: Plan a group circuit training session	Learner assessment record (LAR)	No adaptation required
Assessment element 6: Observation of practical teaching	Learner assessment record (LAR) Learners are required to: <ul style="list-style-type: none"> deliver the training session planned for assessment element 5 evaluate their session 	<p>The learner may need to adapt their original plan to incorporate a new environment and equipment if the participants are different than originally planned for.</p> <p>Whilst leisure/studio facilities remain closed, learners may complete the summative practical assessment in a suitable outside environment with a group of at least 4 participants. Learners must ensure they continue to follow current social distancing guidance and consider potential distractions when selecting a suitable space.</p> <p>Where possible, assessment should be completed under the supervision of the assessor or tutor, either face to face or via live video link.</p> <p>If the assessor/tutor is not available to provide live/instant feedback, a qualified person should oversee the assessment to ensure safety.</p> <p>Evidence of all assessment must be retained for internal and external quality assurance.</p>
Level 2 Certificate in Instructing Group Circuit Training only		

Assessment element	Current assessment method	Allowed assessment adaptation
Assessment element 1: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Assessment element 2: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required