

# Assessment Adaptations for YMCA Level 2 Award in Studio Resistance Training (500/8738/1)



## 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.

The normal expectation is for assessment to be conducted in a studio environment. However, whilst leisure/studio facilities remain closed, learners may complete assessment in a suitable outside environment with a group of at least 4 participants where they have suitable equipment. Learners must ensure they continue to follow current social distancing guidance.

Where there is sufficient evidence of previous continuous assessments, covering each component of a session, it may be possible to estimate a result. Centres should contact us for further information if they believe this is an option.

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.

## Allowed assessment adaptations

Unit	Assessment element	Current assessment method	Allowed assessment adaptation
Group teaching skills (H/601/3143)	Assessment element 1: Overview and class plan	Learner assessment record (LAR)	No adaptation required
Instructing studio resistance training (D/601/3416)	Assessment element 2: Continuous assessment element (the components can be assessed in any order and at differing points in time, however centres may choose to assess all components in one summative assessment).	Learners are continuously observed teaching the components of a Studio Resistance Training Sessions to a minimum of 6 participants.	<p>The normal expectation is for this assessment element to be conducted in a studio environment. However, whilst leisure/studio facilities remain closed, learners may complete assessment in a suitable outside environment with a group of at least 4 participants where they have suitable equipment.</p> <p>Learners must ensure they continue to follow current social distancing guidance.</p> <p>Assessment must be delayed if learners do not have access to suitable equipment or if the learner is opting for a choreographed resistance training style.</p> <p>Where sufficient evidence of previous continuous assessments covering each component of a session have been observed, it may be possible to estimate a result. Centres should contact us for further information if they believe this is an option.</p>
	Assessment element 3: Self-evaluation log	Learner assessment record (LAR)	No adaptation required if sufficient continuous assessment has taken place.