

Assessment Adaptations for YMCA Level 2 Diploma in Health, Fitness and Exercise Instruction (600/6744/5)



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 that they are fully prepared.

Due to current social distancing measures leisure/gym facilities remain closed therefore various practical assessments for this qualification currently have to be delayed. In preparation for leisure/gym facilities opening, learners can continue with their qualification based on the adaptations outlined below.

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.

Permitted assessment adaptations

Unit	Assessment element	Current assessment method	Permitted assessment adaptation
Mandatory units			
Anatomy and physiology for exercise (H/600/9013)	Assessment element 1: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Health, Safety and Welfare in a Fitness Environment (T/600/9016)	Assessment element 2: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Principles of exercise, fitness and health (A/600/9017)	Assessment element 3: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Know how to support clients who take part in exercise and physical activity (M/600/9015)	Assessment element 4: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Understanding employment rights and responsibilities (J/600/0840)	Assessment element 5: Tasks 1 to 6 (Worksheets)	Learner assessment record (LAR)	No adaptation required
Understanding the active leisure and learning sector (Y/600/1734)	Assessment element 6: Tasks 1 and 2 (Worksheets)	Learner assessment record (LAR)	No adaptation required
Understanding the employing organisation (D/600/1735)	Assessment element 7: Tasks 1 to 4 (Worksheets)	Learner assessment record (LAR)	No adaptation required
Developing self (R/600/1246)	Assessment element 8: plan, worksheet and reviews	Learner assessment record (LAR)	No adaptation required
Principles of customer service (T/501/4349)	Assessment element 9: presentation and worksheets	Learner assessment record (LAR) Learners are required to: <ul style="list-style-type: none"> • complete one worksheet • prepare and deliver a presentation 	Where possible, the presentation should be completed face to face or via live video link. Evidence of all assessment must be retained for internal and external quality assurance.

Unit	Assessment element	Current assessment method	Permitted assessment adaptation
Food groups and digestion (H/503/9974)	Assessment element 10: worksheet	Learner assessment record (LAR)	No adaptation required
Diet and nutrition for health living (D/503/9973)	Assessment element 11: presentation	Learner assessment record (LAR) Learners are required to prepare and deliver a presentation	Where possible, the presentation should be completed face to face or via live video link. Evidence of all assessment must be retained for internal and external quality assurance.

Unit	Assessment element	Current assessment method	Permitted assessment adaptation
Optional unit Group 1			
Plan and prepare a walking session (F/602/4084)	Assessment element 1: Planning	Learner assessment record (LAR) Learners are required to plan a suitable walk for a group of people (over the age of 16 years and a minimum of 6 participants).	No adaptation required - although note permitted reductions to group size and presence of a First Aider in the paired unit Lead a walking session (J/504/1278) below.
Lead a walking session (J/504/1278) Note: Plan and prepare a walking session (F/602/4084) must be completed first	Assessment element 2: Leading	Learner assessment record (LAR) Learners are observed leading a walking session (as planned in Assessment element 1)	Assessment cannot take place unless there is a qualified first aider present. Learners must ensure they continue to follow current social distancing guidance (both within the group and the public). Group size may be reduced to 4 participants. Where possible, assessment should be completed under the supervision of the assessor or tutor, either face to face or via live video link. Evidence of all assessment must be retained for internal and external quality assurance.
Planning group training circuit sessions (Y/505/0762)	Assessment element 1: Worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 2: Session plan	Learner assessment record (LAR)	No adaptation required.

Instructing group training circuit sessions (R/505/0792) Note: Planning group training circuit sessions (Y/505/0762) must be completed first	Assessment element 3: Planning task	Learner assessment record (LAR)	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.
	Assessment element 4: Observation	Learner assessment record (LAR) Learners are required to be observed leading a group circuit training session to a minimum of 6 participants	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. Where possible, assessment should be completed under the supervision of the assessor or tutor, either face to face or via live video link. If the assessor/tutor is not available to provide live/instant feedback, a qualified person should oversee the assessment to ensure safety. Evidence of all remote assessment must be retained for internal and external quality assurance.
	Assessment element 5: Session evaluation	Learner assessment record (LAR)	No adaptation required.
Planning group indoor cycling sessions (J/505/9490)	Assessment element 1: Worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 2: Session plan	Learner assessment record (LAR)	No adaptation required.
Instructing group indoor cycling sessions (L/505/9491) Note: Planning group indoor cycling sessions (J/505/9490) must be completed first	Assessment element 3: Observation	Learner assessment record (LAR)	Delay assessment whilst gyms/leisure/health clubs remain closed.
	Assessment element 4: Session evaluation	Learner assessment record (LAR)	Unable to complete due to delay of assessment element 3.
Instructing studio resistance training (D/601/3416)	Assessment element 1: Overview and class plan	Learner assessment record (LAR)	No adaptation required.

	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.
Instructing step exercise to music (H/601/3126)	Assessment element 1: Planning	Learner assessment record (LAR)	No adaptation required
	Assessment element 2: Teaching	Learner assessment record (LAR)	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.
	Assessment element 3: Evaluation	Learner assessment record (LAR) Learners are continuously observed teaching the components of a Step ETM session to a minimum of 6 participants.	No adaptation required if sufficient continuous assessment has taken place.
Planning a kettlebell exercise session (T/504/4872)	Assessment element 1: Worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 2: Session plan	Learner are required to plan a group (min 6 participants) kettlebell session	Learners may plan a group kettlebell session or a session for an individual.

Instructing a kettlebell session (M/504/4871)	Assessment element 3: Observation	Learners are observed teaching a group kettlebell session	<p>Learners may complete the summative practical assessment in a suitable outside environment or using an individual instead of a group of participants.</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>
	Assessment element 4: Evaluation	Learner assessment record (LAR)	No adaptation required.
Planning a suspended movement training exercise session (L/507/8347)	Assessment element 1: Worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 2: Session plan	Learner assessment record (LAR)	No adaptation required.
Instructing a suspended movement training session (J/507/8346)	Assessment element 3: Observation	Learner assessment record (LAR)	Delay assessment whilst gyms/leisure/health clubs remain closed.
	Assessment element 4: session evaluation	Learner assessment record (LAR)	Unable to complete due to delay of assessment element 3.
Planning health-related exercise and physical activity for children (A/600/9048)	Assessment element 5: Planning worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 6: Planning physical activity sessions for children	<p>Learner assessment record (LAR)</p> <p>Learners are required to plan sessions for children aged:</p> <ul style="list-style-type: none"> • 5-11years • 12-15 years 	No adaptation required.
Instructing health-related exercise and physical activity for children (T/600/9050)	Assessment element 7: Instructing worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 8: On course observation of practice teaching	Learners are required to deliver one of the sessions planned for in teaching	No permitted adaptation – assessment must be delayed.

		assessment element 6 to a minimum of 6 peers.	
	Assessment element 9: Final observation of practical teaching	Learners are required to deliver the second session as planned for in assessment element 6 to the appropriate age group as identified on the session plan	No permitted adaptation – assessment must be delayed.

Optional Unit Group 2

Planning gym-based exercise (F/600/9018)	Assessment element 5: Planning worksheet	Learner Assessment Record (LAR)	No adaptation required.
	Assessment element 6: Plan a gym-based session	Learner Assessment Record (LAR)	No adaptation required.
Instructing gym-based exercise (A/600/9020)	Assessment element 7: Instructing worksheet	Learner Assessment Record (LAR) and supplementary questions	No adaptation required.
	Assessment element 8: Practical delivery of specific gym-based exercises	Learner Assessment Record (LAR)	No permitted adaptation – assessment must be delayed. This assessment element must be completed as outlined in the LAR in order to support estimation for assessment element 9.
	Assessment element 9: Practical delivery of a gym-based exercise session	Learner Assessment Record (LAR)	See guidance on evidence required to issue a calculated result.
Planning health-related exercise and physical activity for children (A/600/9048)	Assessment element 5: Planning worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 6: Planning physical activity sessions for children	Learner assessment record (LAR) Learners are required to plan sessions for children aged: <ul style="list-style-type: none"> • 5-11 years • 12-15 years 	No adaptation required.

Instructing health-related exercise and physical activity for children (T/600/9050)	Assessment element 7: Instructing worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 8: On course observation of practice teaching	Learners are required to deliver one of the sessions planned for in assessment element 6 to a minimum of 6 peers.	No permitted adaptation – assessment must be delayed.
	Assessment element 9: Final observation of practical teaching	Learners are required to deliver the second session as planned for in assessment element 6 to the appropriate age group as identified on the session plan	No permitted adaptation – assessment must be delayed.
Planning water-based exercise (L/600/9023)	Assessment element 5: Planning worksheet	Learner assessment record (LAR)	No adaptation required.
	Assessment element 6: Planning water-based exercise	Learners are required to plan a 45 – 60 minute water-based exercise session	
Instructing water-based exercise (R/600/9024)	Assessment element 7: Instructing worksheet	Learner assessment record (LAR)	No permitted adaptation – assessment must be delayed.
	Assessment element 8: Observation of practical teaching	Learners are required to deliver the session they planned in assessment element 6 to a group of a minimum of 6 participants	
Planning group exercise to music sessions (F/600/9021)	Assessment element 5: Planning worksheet	Learner Assessment Record (LAR)	No adaptation required.
	Assessment element 6: Plan a group exercise to music session	Learner Assessment Record (LAR) Learners are required to plan a 45 – 60 minute exercise to music session	No adaptation required.

Instructing group exercise to music (J/600/9022)	Assessment element 7: Instructing worksheet	Learner assessment record (LAR)	No permitted adaptation – assessment must be delayed.
	Assessment element 8: Observation of practical teaching	Learners are required to deliver the session they planned in assessment element 6 to a group of a minimum of 6 participants	