

Assessment Adaptations for YMCA Level 3 Diploma in Pilates (600/4015/4)



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.

Assessment requirements for this qualification include learners producing a 12-week progressive programme and implementing 3 sessions from the progressive programme with a client. Summative assessment requires learners to plan and deliver a Pilates session to a group of participants (minimum of 6).

The normal expectation is for both assessment elements to be conducted in an studio environment. However, 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.

Allowed assessment adaptations

Unit	Assessment element	Current assessment method	Allowed assessment adaptation
Anatomy and physiology for exercise and health (A/600/9051)	Assessment element 1: Anatomy and physiology 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
Programming a Pilates Teaching Session (L/503/1304)	Assessment element 5: Worksheet	Learner assessment record (LAR)	No adaptation
Programming a Pilates Teaching Session (L/503/1304)	Assessment element 6: Progressive programme (Individual)	Learner assessment record (LAR) Learners are required to; <ul style="list-style-type: none"> • Complete a client profile • Produce a progressive 12-week programme • Implement 3 sessions from the 12-week progressive programme • Participate in a 'viva' (oral assessment) with the assessor to check understanding of the principles of progression, answers will be recorded within the LAR 	Learners are required to complete a client profile where they must obtain sufficient subjective and objection information to plan a 12-week programme. Learners may use an appropriate member of their household or complete the profile with a client via phone or live video link. On completion of the profile, 12-week programme and 3 sessions, learners are required to submit the appropriate evidence to the assessor. The assessor should review the completed evidence as normal and follow up with a viva to ensure all learning outcomes have been met. This can be completed over the phone or via live video link.
Programming a Pilates Teaching Session (L/503/1304)	Assessment element 7: Planning (Group)	Learner assessment record (LAR)	No adaptation required
Delivering a Pilates Teaching Session (R/503/1305)	Assessment element 8: Summative observation of practical teaching	Learner assessment record (LAR)	Whilst leisure/studio facilities remain closed, learners may complete the summative practical assessment in a suitable

Unit	Assessment element	Current assessment method	Allowed assessment adaptation
		<p>Learners are required to deliver a Pilates session to a group of participants (minimum of 6) – observed by an assessor</p>	<p>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>Learners will be required to re-demonstrate or verbally correct technique whilst social distancing prohibits hands-on correction.</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, this would mean asking a qualified person to oversee the demonstration to ensure safety.</p> <p>Evidence of all assessment must be retained for internal and external quality assurance.</p>
<p>Delivering a Pilates Teaching Session (R/503/1305)</p>	<p>Assessment element 9: Evaluation and reflection</p>	<p>Learner assessment record (LAR)</p> <p>Learners are required to complete a session evaluation and reflection based on Assessment element 8</p>	<p>No adaptation required</p>