

Assessment Adaptations for YMCA Level 3 Diploma in Yoga (600/1227/4)



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 Yoga Journal as evidence of 60 hours of practice and, for the summative assessment, to plan and deliver a Yoga session to a group of participants (minimum of 6).

The normal expectation is for both assessment elements to be conducted in a 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) Know how to support clients who take part in exercise and physical activity (M/600/9015)	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
Health, Safety and Welfare in a Fitness Environment (T/600/9016) 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
The Philosophy and Fundamentals of Yoga (Y/503/0317)	Assessment element 5: Worksheet	Learner assessment record (LAR)	No adaptation
The Philosophy and Fundamentals of Yoga (Y/503/0317)	Assessment element 6: Yoga Practice Journal	Learners are required to produce a yoga practice journal to demonstrate 60 hours of practice.	Learners could document participation in virtual/online yoga sessions.
Programme a Yoga session (H/503/0319)	Assessment element 7: Health and safety planning document and session plan	Learner assessment record (LAR)	No adaptation required
Delivering a Yoga Session (D/503/0318)	Assessment element 8: Progressive programme	Learner assessment record (LAR)	No adaptation required
Delivering a Yoga Session (D/503/0318)	Assessment element 9: Observation of performance/session evaluation	Learner assessment record (LAR) Learners are required to deliver a yoga session to a group of	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

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		<p>participants (minimum of 6) – observed by an assessor</p>	<p>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 assessment to ensure safety.</p> <p>Evidence of all remote assessment must be retained for internal and external quality assurance.</p>