

Assessment Adaptations for YMCA Level 3 Diploma in Teaching Yoga (Practitioner) (603/3617/1)



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 that they are fully prepared.

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.

Assessment element by unit

Unit	1	2	3	4	5	6	7	8	9	10	11	12
Providing a positive customer experience in the exercise environment (M/616/7824)	x									x		
Lifestyle management and health awareness (K/616/7949)		x										
Applied Anatomy and physiology (A/616/4747)			x	x								
Principles of planning and delivering group exercise (R/617/1395)					x			x	x	x		
The Philosophy and fundamentals of Yoga (Y/503/0317)						x	x					
Plan and deliver a Yoga session (A/617/3044)							x	x	x	x		
Optional unit: Anatomy and physiology for exercise and fitness instructors (K/616/7823)											x	x

Allowed assessment adaptations

Assessment element	Current assessment method	Allowed assessment adaptation
Assessment element 1: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Assessment element 2: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Assessment element 3: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Assessment element 4: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Assessment element 5: Principles of planning and delivering group exercise knowledge questions	Learner assessment record (LAR)	No adaptation required
Assessment element 6: Worksheets	Learner assessment record (LAR)	No adaptation required

Assessment element	Current assessment method	Allowed assessment adaptation
Assessment element 7: 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.
Assessment element 8: Session planning	Learner assessment record (LAR) Learners are required to complete a detailed session plan covering the components that will be assessed in Assessment elements 10 & 11.	No adaptation required
Assessment element 9: Progressive programme ad viva	Learner assessment record (LAR) Learners are required to prepare a 10-week progressive programme On completion of the above the learner is required to submit the appropriate paperwork to the assessor.	No adaptation required The viva can take place over the telephone or via facetime
Assessment element 10: Observation of performance /session evaluation	Learner assessment record (LAR) Learners are required to deliver a session from the progressive programme (min of 6 participants) On completion of the practical session learners are required to complete a session evaluation	Learners can deliver the session to a minimum of 4 participants
Assessment element 11: Multiple choice theory paper	Face-to-face invigilation	eProctoring
Assessment element 12: Assessment workbook	Assessment workbook (Digital or paper-based)	No adaptation required