

Assessment Adaptations for YMCA Level 3 Diploma in Personal Training (Practitioner) (603/2438/7)



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.

Whilst social distancing measures remain in place/leisure facilities remain closed, it is likely that learners will need to complete a new programme card to ensure exercises are suitable for an environment outside of a gym or studio before proceeding to final summative assessment.

You do not need approval to complete assessment adaptations outlined in this document, but you must seek approval before making any other changes.

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	Assessment element 1: Multiple choice theory paper	Assessment element 2: Assessment Workbook	Assessment element 3: Personal Training Showcase portfolio	Assessment element 4: Learner log
Applied Anatomy and Physiology (A/616/4747)	x	x		
Promoting wellness through client motivation and interaction (J/616/4749)		x	x	
Bespoke exercise programme design (F/616/4751)		x	x	x
Customised exercise programme instruction and communication techniques (J/616/4752)		x	x	x
Nutrition to support physical activity unit (L/616/4753)	x	x	x	
Business acumen for a successful Personal Training Practice (Y/616/4755)		x	x	

Allowed assessment adaptations

Assessment element	Current assessment method	Allowed assessment adaptation
<p>Assessment element 1: Multiple choice theory paper(s)</p> <p>Section 1 of the paper (20 questions) will relate to the syllabus for the Applied Anatomy and Physiology</p> <p>Section 2 of the paper (10 questions) will relate to the syllabus for the Nutrition to support physical activity (L/616/4753)</p>	Face-to-face invigilation	eProctoring

Assessment element	Current assessment method	Allowed assessment adaptation
<p>Assessment element 2: Assessment Workbook</p> <p>Six sections assessing research knowledge required for each of the six units.</p>	Y-mark Assessment workbook	No adaptation needed
<p>Assessment element 3: Personal Training Showcase portfolio (synoptic assessment element)</p>	<p>Learner assessment record (LAR)</p> <p>Task 1: Observed consultation</p> <ul style="list-style-type: none"> • Observed consultation • Completion of Lifestyle assessment and client profile • Knowledge questions (if required) 	<p>Learners are required to conduct a face to face consultation with their client during which time they must obtain sufficient subjective and objective information to plan a 12-week programme.</p> <p>Due to the equipment available to the learner some tests may not be feasible. With guidance from the tutor/assessor the learner may need to plan/carry out adapted physical assessments. This could include learners:</p> <ul style="list-style-type: none"> • supporting their client to measure their pulse rate, to provide an indication of heart health • completing a visual posture check instead of using a plumb line. <p>Learners may use an appropriate member of their household or complete the consultation with a client via live video link.</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. If the assessor/tutor is not available, the learner should record the consultation.</p> <p>Based on the consultation outcome, the assessor may follow up with knowledge questions to ensure all learning outcomes have been met.</p> <p>All knowledge questions and responses should be recorded in the knowledge question record.</p>

Assessment element	Current assessment method	Allowed assessment adaptation
	<p>Task 2: Programming, delivery and review</p> <ul style="list-style-type: none"> • Design and record a 12 week programme suitable for your client's aims and goals • Teach a minimum of 3 sessions to your chosen client (however, the assessor need not be present) • Review each session and adapt programme as necessary • Knowledge questions (if required) 	<p>This task does not need to be observed by the assessor.</p> <p>Learners may use an appropriate member of their household if the client they had originally planned the sessions for is not available. Alternatively, learners may use a suitable participant from another household. In either case the learner is required to carry out suitable screening to ensure the “new” participant is ready to exercise. Learners may be required to amend the sessions based on the outcome of the screening.</p> <p>The assessor should review the completed programme as normal and, where necessary, follow up with knowledge questions to ensure all learning outcomes have been met. This can be completed over the phone or via live video link.</p> <p>All knowledge questions and responses should be recorded in the knowledge question record.</p>
	<p>Task 3: Summative delivery and self-evaluation</p> <ul style="list-style-type: none"> • Observed delivery of a personal training session relevant to the client and their goals • Completion of a self-evaluation form • Knowledge questions (If required) 	<p>Learners may need to use a different person than they originally planned for. This can be a member of their household or an appropriate person from another household. All sessions must be conducted in an outdoor space (if using a participants from a different household). In either case the learner is required to carry out suitable screening to ensure the “new” participant is ready to exercise. Learners may be required to amend the sessions based on the outcome of the screening.</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 remote assessment must be retained for internal and external quality assurance.</p>

Assessment element	Current assessment method	Allowed assessment adaptation
	<p>Task 4: Nutritional consultation</p> <ul style="list-style-type: none"> • Nutritional consultation • Completion of the nutritional consultation template • Knowledge questions (If required) 	<p>No adaptation required – the assessor doesn't need to be present during the consultation</p> <p>The assessor should review the completed nutritional consultation record as normal and, where necessary, follow up with knowledge questions to ensure all learning outcomes have been met. This can be completed over the phone or via live video link.</p> <p>All knowledge questions and responses should be recorded in the knowledge question record.</p>
	<p>Task 5: Business project</p> <ul style="list-style-type: none"> • Completion of a business/marketing plan • Knowledge questions (If required) 	<p>No adaption required</p> <p>The assessor will review the evidence obtained during this task against the required learning outcomes. If any areas are felt to be insufficient then, then may they conduct a question and answer session with the learner to clarify this can be completed over the telephone or via facetime.</p>
<p>Assessment element 4: Learner log</p> <p>Note: This assessment element must be successfully completed before being assessed for Assessment element 3</p>	<p>Learner assessment record (LAR)</p> <p>Section A is used to record evidence of the learner covering a range of health screening measurements and lifestyle/fitness assessments</p>	<p>Due to the equipment available to the learner some tests may not be feasible. With guidance from the tutor/assessor the learner may need to plan/carry out adapted physical assessments. This could include learners:</p> <ul style="list-style-type: none"> · supporting their client to measure their pulse rate, to provide an indication of heart health · completing a visual posture check instead of using a plumb line. <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>Evidence of all remote assessment must be retained for internal and external quality assurance.</p>

Assessment element	Current assessment method	Allowed assessment adaptation
	<p>Section B is used to record evidence of the learner being observed covering a range of training methods</p>	<p>Learners may use an appropriate member of their household or a suitable person from another household.</p> <p>Assessment can take place within the learner's household or at an appropriate outdoor space, maintaining social distancing. Where possible, assessment should be completed under the supervision of the assessor or tutor, either face to face (when conducted in an outdoor space) 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 remote assessment must be retained for internal and external quality assurance.</p>
	<p>Section C is used to record evidence of the learner demonstrating their ability to conduct a small group training session (small group minimum 3 maximum 5). Observation for components can take place at different times or in a single session.</p> <p>Learners are required to demonstrate using a variety of training methods for the following components:</p> <ul style="list-style-type: none"> • Cardiovascular component • Resistance section (can be demonstrated on either resistance machines or free weights or other small apparatus using appropriate training methods for a group.) • Other - including functional or core-based exercise which can be bodyweight and specific stretching/mobility techniques 	<p>Learners may use appropriate members of their household and a client from another household, following social distancing rules.</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 remote assessment must be retained for internal and external quality assurance.</p>