

Calculation model and permitted adaptations for YMCA Level 1 Award in Fitness and Physical Activity (601/4120/7)



Overview

This document provides guidance on the information centres need to supply in order for calculated results to be issued for learners completing their qualification where face-to-face delivery/assessments may not be possible.

Important information

The arrangements set out in this document may not apply to every learner.

In accordance with Ofqual, CCEA Regulation and Qualification Wales extraordinary regulatory frameworks, calculated results for the qualifications covered in this document are arrived at using the following information:

- outcomes of assessments already completed
- tutor estimation of achievement on assessments that cannot currently be carried out but would have been completed before 31 July 2020 – this must be supported with available evidence
- external quality assurance activity carried out by us to confirm evidence is sufficient to issue a calculated result.

Where there is not enough evidence to generate a calculated result, learners may need to complete an adapted assessment, or wait until the learner can take the assessment as normal.

For assessments that you can continue to carry out:

This qualification introduces the learner to exercise and fitness both on a personal level and as an introduction to employment opportunities. Due to current social distancing measures, access to leisure/gym facilities are in many cases restricted. However, in preparation for leisure/gym facilities opening learners can continue with their qualification based on the arrangements outlined in this document.

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.

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

Guidance on estimated assessment elements

Tutor estimation is permitted for the following assessment elements only:

Qualification	Assessment elements
YMCA Level 1 Award in Fitness and Physical Activity (601/4120/7)	6

The centre must be confident that the evidence they provide confirms learners' competence and therefore would have met the requirements as identified in the following:

- Leading and assisting skills: session plan
- Practical observation - Tutor feedback

Evidence

The list below provides examples of evidence that can be used to support an estimation decision. It is the centre's responsibility to ensure sufficient evidence is collated and made available for external quality assurance checks. If sufficient evidence cannot be provided, learners may need to complete an adapted assessment, or wait until the learner can take the assessment as normal.

In order for estimation to be applied a learner must have:

- been fully prepared for assessment
- completed the following assessment elements: 1-5; 7-8

Evidence that may be used to support an estimation decision could include:

- learner attendance record
- scheme of work/course overview/lesson plans/assessment plan
- learner progress overview/tracking documents
- learner assessment record (LAR)
- individual learning plans (ILPs)
- workshop or group session feedback /evaluations
- formative assessment records/on course assessment
- written/video feedback to learners from observations
- witness testimonies
- IQA reports/feedback to tutors/assessors
- organisation/management lesson observations/learning walks/peer observations
- any evidence from other qualifications that relate to the YMCA Awards assessment content and strengthen estimation decisions.

Guidance on estimated assessment elements

Unit	Assessment element	Current assessment method	Permitted assessment adaptation
Exercise and fitness knowledge (J/601/0011)	Assessment element 1: Assessment Workbook	Assessment workbook (Digital or paper-based)	No adaptation required
Understanding the health and fitness industry (R/600/4566)	Assessment element 2: Worksheet	Learner assessment record (LAR)	No adaptation required
Exploring personal fitness (Y/601/0014)	Assessment element 3: Personal exercise programme	Learner assessment record (LAR) Learners are required to participate in a 6 week personal exercise programme (PEP). Learners are expected to record the results from various fitness tests before starting the PEP and then repeat the tests after the 6 weeks.	If learners have already completed a series of fitness tests prior to starting their PEP they will need to repeat these tests on completion of the PEP. If it is not possible to complete the same tests e.g. bleep test the assessor may need to provide additional support for suitable alternatives. If learners have not completed any tests then they should discuss alternative/suitable tests prior to starting their PEP. Learners may need to adapt their PEP if they have already started it. Alternatively, they may need adapt what they originally agreed with their tutor/assessor if they haven't started the PEP.
Participate in physical activity in the fitness environment (K/600/9370)	Assessment element 4: Participate in an exercise session	Learners are required to take part in a live exercise class	Learners could take part in a suitable virtual class online.
Participate in physical activity in the fitness environment (K/600/9370)	Assessment element 5: Peer observation of exercise technique	Learner assessment record (LAR) Learners are required to demonstrate 4 exercises to a peer as well as give feedback to their peer on their demonstrations	This can be completed face to face in a suitable outside space adhering to social distancing or via live video link. The Assessor does not need to be present. Learners should record the activity as evidence of completion.
Assist in the delivery of an exercise session (J/600/4256)	Assessment element 6: Practical observation	Learner assessment record (LAR) Learners are observed assisting a qualified instructor delivering an exercise session	Should the centre have sufficient evidence of the learner assisting a qualified instructor delivering a component of an exercise session the centre could use this evidence to support them in estimating a final result. See guidance on evidence required to issue a calculated result

Unit	Assessment element	Current assessment method	Permitted assessment adaptation
			If the centre does not have sufficient evidence as outlined above this assessment element will have to be delayed
Introduction to healthy eating (R/615/1969)	Assessment element 7: Worksheet	Learner assessment record (LAR)	No adaptation required
	Assessment element 8: Food and drink diary	Learner assessment record (LAR) Learners are required to keep a food and drink diary for a minimum of 5 days	No adaptation required