

## **UNIT 6      DELIVERING PERSONAL TRAINING SESSIONS**

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This unit is locally assessed and internally verified and subject to external verification by an OCR external verifier.

This unit is one of the required units for the **OCR Level 3 Certificate in Personal Training**

### **Assessment Guidance**

1. Learners should deliver the sessions.
2. Learners should evaluate the session.
3. Learners should answer the written or oral questions, and learner responses recorded on the form provided. (The method of questioning can be centre selected)

The assessor observation checklist must be used to record outcomes.

### **Assessment requirements for this unit**

There must be evidence that the learner has carried out appropriate screening (e.g. use of the PARQ and informed consent) and taken physical measurements appropriate to their client prior to attempting the assessment for this unit. This is to ensure that relevant client checks are in place prior to activity. These checks can be completed as part of the unit 5 assessment.

There must be evidence that a learner has planned and instructed clients in the use of the following types of equipment;

- Cardiovascular Machines

Learners must also show planning and instructing of a minimum of **two** of the following cardiovascular approaches to training

- Interval
- Fartlek
- Continuous

There must be evidence that a learner has planned and instructed participants in the use of the following types of equipment;

- Resistance Machines
- Free Weights; including barbells and dumbbells and cables where available

Learners must demonstrate correct lifting and passing techniques, including dead lifting the barbell safely from the floor and spotting.

Learners must also show planning and instructing using different resistance machines and free weights, of a minimum of **four** of the following resistance approaches to training:

- Pyramid systems
- Super-setting
- Giant sets
- Tri sets
- Forced repetitions
- Pre / post exhaust
- Negative / eccentric training
- Muscular Strength Endurance / muscular fitness

N.B. the number of machines/items of equipment will depend upon the learners plan but the minimum number of training approaches must be adhered to.

There must be evidence that a learner has planned and instructed participants in a minimum of **one** core stability exercise (e.g. an exercise to improve muscles associated with stabilisation (local) and mobilisation (global)).

## ASSESSMENT CHECKLIST (PREPARING FOR AND EVALUATING A PERSONAL TRAINING SESSION)

This form is to be completed by the assessor using the following to identify the assessor decision:

- |  |   |   |  |
|--|---|---|--|
| <div style="border: 1px solid black; padding: 5px; display: inline-block;">✓</div> Competent – learner fully meets this criteria | <div style="border: 1px solid black; padding: 5px; display: inline-block; font-size: 2em; font-weight: bold;">R</div> Not yet competent – learner does not yet meet this criteria | <div style="border: 1px solid black; padding: 5px; display: inline-block; font-size: 2em; font-weight: bold;">Q</div> Further questioning needed before learner fully meets this criteria | <div style="border: 1px solid black; padding: 5px; display: inline-block;">★</div> Competent – learner fully meets this criteria and a comment has been made |
|--|---|---|--|

<b>Prepare self, equipment and clients for gym-based exercise</b>	
<b>Did the learner:</b>	Decision
1 Identify, obtain and prepare the resources for the session, improvising safely where necessary?	
2 Make the clients aware of the facility emergency procedures?	
3 Plan a range of exercises/activities to help clients achieve their goals, including; CV, muscular fitness, motor skills, core stability?	
4 Help the client feel welcome and at ease?	
5 Explain the objectives of the session to the client, and how they support their goals?	
6 Explain the physical and technical demands of the session to the client?	
7 Explain to the client how planned exercises can be progressed or regressed to meet their goals?	
8 Assess the clients' state of readiness and motivation to take part?	
9 Negotiate, agree and record any changes to the planned session as necessary?	
<b>Throughout the whole session</b>	
<b>Did the learner:</b>	Decision
10 Effectively monitor client progress?	
11 Use motivational styles appropriate to the client, even when they find exercises difficult?	
12 Teach in a way that reflects the Exercise and Fitness Code of Ethical Practice?	
13 Ensure clients can safely carry out exercises on their own?	

<b>Learner name</b>	
<b>Assessor name</b>	
<b>Assessment date</b>	
<b>Centre name</b>	
<b>Centre number</b>	

<b>Ending the session and reflection</b>	
<b>Did the learner:</b>	Decision
14 Allow sufficient time to end the session according to the client's level of experience?	
15 Select appropriate cool down activities for the client?	
16 Leave the environment in a condition acceptable for future use?	
17 Give clients an accurate and positive summary of feedback on the session and how their progress links to their goals?	
18 Give clients opportunity to reflect on the session, ask questions, provide feedback, and identify further needs?	
19 Produce a written evaluation and action Plan identifying future developments	
20 Reflect on the session, taking into account client's views and own performance?	
21 Produce an action plan, identifying how to improve personal practice?	

**ASSESSMENT CHECKLIST (DELIVERING AN EXERCISE SESSION)**

Delivering personal training sessions	Warm up	CV 1	CV2	Resistance Approach (note the exercise and approach used below. Use as many columns as necessary)					Core Stability	Cool down	Pass*		
When teaching the session components and approaches listed in this table did the learner:	Exercise/ approach												
22 Demonstrate correct safe and effective alignment of exercise positions?													
23 Provide explanations that are technically correct in relation to effective alignment of exercise positions?													
24 Provide relevant instructing points and feedback which is timely, clear and motivational?													
25 Explain the purpose and demands of exercises and provide clear and accurate verbal instructions?													
26 Correct technique and provide positive reinforcement where appropriate?													
27 Adapt verbal and non verbal communication to ensure clients understand what is required?													
28 Adapt exercises or positions with suitable progressions and regressions according to client needs?													
29 Use appropriate and effective methods to monitor safety and intensity?													
30 Use appropriate teaching positions for instructing and observation?													
31 Develop participant's co-ordination by building up exercises gradually where appropriate?													
32 Instruct safe and effective activities using equipment in suitable ways, and making best use of the environment?													
33 Demonstrate correct lifting and passing technique?													
34 Used correct dead lift technique where appropriate?													
35 Demonstrate correct use of spotting when required?													

\*One 'R' is allowed against each assessment criteria before an overall refer for the criteria concerned needs to be given, with the exception of grey boxes, where any 'R' against the criteria indicates an overall referral for the criteria concerned

**ASSESSORS COMMENTS, QUESTIONS AND FEEDBACK (for preparing, delivering and evaluating)**

Assessment Criteria Numbers	
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Continue on separate sheet if necessary

Learner's Signature: _____ Assessor's Signature: _____ Date: _____	IV Signature (if applicable): _____ Date: _____
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## UNIT 6 DELIVERING PERSONAL TRAINING SESSIONS

### SELF EVALUATION AND ACTION PLAN

Learner's Name: \_\_\_\_\_ Date: \_\_\_\_\_

**To be completed by the learner after gathering feedback from clients at the end of the session:**

1. Answer the questions below about your session. Try to identify areas where you performed well and areas for future development, giving examples from your session to help with your evaluation.
2. Suggest how you intend to improve future sessions and what your personal development aims might be.

**Answer the questions below, using feedback from your client and your own thoughts.**

Were your client's goals met?

Were the planned activities safe and effective?

Was your communication with the client effective and motivating?

Did your instructing styles match the client's needs?

In terms of instructing performance (e.g. technique, teaching points, observation, correction, meeting client's needs) my session was:

**ACTION PLAN FOR IMPROVEMENT**

Areas for improvement	How you plan to make these improvements

## **UNIT 6      DELIVERING PERSONAL TRAINING SESSIONS**

### **WRITTEN OR ORAL QUESTIONS**

If you were delivering a session with more than one client, why would it be important to monitor the progress of individuals in the session?

Why do clients need information on future exercise and activity, whether supervised or unsupervised?



**UNIT 6 DELIVERING PERSONAL TRAINING SESSIONS**

**ASSESSORS QUESTIONS, LEARNER RESPONSES AND COMMENTS**

Assessment Criteria Numbers	
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Continue on separate sheet if necessary. Signatures below only needed if this sheet is used.

Learner's signature: \_\_\_\_\_ Date: \_\_\_\_\_

Assessor's signature: \_\_\_\_\_ Date: \_\_\_\_\_

IV's signature (if sampled): \_\_\_\_\_ Date: \_\_\_\_\_