**Record of learner observation**

Programming personal training sessions (K/617/1709) (Unit 3, LO6)

Be able to create an environment to support adherence to exercise

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 3 Diploma in Personal Training (603/3491/5) | **Learner name** |  |
| **Date & time of observation** |  | **Assessor name** |  |

|  |  |
| --- | --- |
| Description of the learner’s activity. Please include:   * people present * what was observed * what the learner did. | Assessment criteria met |
|  |  |
| **Feedback to Learner** | |
|  | |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 6.1 | Use strategies to identify a client’s readiness to change their behaviour/their stage of change |  |  |
| 6.2 | Clarify roles and responsibilities of those involved in the programme |  |  |
| 6.3 | Use evidence-based strategies to create a positive, motivating and empowering environment that supports clients to participate in exercise |  |  |
| 6.4 | Apply appropriate motivational strategies to encourage long-term adherence to exercise and other positive lifestyle practices |  |  |
| 6.5 | Identify a client’s personal barrier(s) to exercise and use strategies to overcome them |  |  |
| 6.6 | Provide advice and guidance to promote positive healthy lifestyle choices |  |  |

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| --- | --- | --- | --- |
| **Assessor Signature** |  | **Date** |  |
| **Learner Signature** |  | **Date** |  |

### Contact us

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