**Record of learner observation**

Instructing and supervising gym-based exercise programmes (Y/617/4007)

(Unit 06, LO3)

Be able to instruct gym-based exercise sessions

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 2 Diploma in Gym Instructing and Personal Training (603/4388/6) | **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** |
| 3.1 | Carry out verbal screening with clients |  |  |
| 3.2 | Confirm the components of a planned gym-based exercise session |  |  |
| 3.3 | Instruct a safe, effective and engaging gym-based exercise session |  |  |
| 3.4 | Use effective communication methods and maintain professional standards |  |  |
| 3.5 | Establish positive working relationships with clients |  |  |
| 3.6 | Maintain professional standards whilst instructing gym-based exercise sessions |  |  |
| 3.7 | Check and confirm understanding throughout a gym-based exercise session |  |  |

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

### Contact us

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