**Record of learner observation**

Delivering personal training sessions (D/617/1710) (Unit 4, LO3)

Observation 2 of 2

**Be able to use appropriate teaching methods to instruct a range of fitness training techniques**

|  |  |  |  |
| --- | --- | --- | --- |
| **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** |
| 3.1 | Use appropriate teaching methods to instruct a range of fitness training techniques:   * cardiovascular * resistance (free weights) * resistance (fixed weights) * flexibility |  |  |
| 3.2 | Use observation and monitoring skills during the session to ensure safety and effectiveness for clients |  |  |

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

Where practically possible, assessments should be conducted with ‘real’ clients.

Learners must have had opportunity for formative practice assessments with feedback prior to their final summative assessments. Learners must be observed on a minimum of 2 occasions to cover the specified range, eg small group in a sports hall, individual in a gym.

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