**Record of learner observation**

Programming personal training sessions (K/617/1709) (Unit 3, LO7)

Be able to analyse information to plan an effective exercise programme

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| --- | --- | --- | --- |
| **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** |
| 7.1 | Obtain informed consent |  |  |
| 7.2 | Select and use assessments appropriate to the client and assessment conditions |  |  |
| 7.3 | Provide the client with correct information prior to commencing any physical assessment(s):   * correct procedures * protocols and risks |  |  |
| 7.4 | Perform client physical assessment in a safe and effective manner |  |  |
| 7.5 | Evaluate results/recorded data using accepted criteria and develop a summary profile of the client |  |  |
| 7.6 | Explain the findings to the client and offer advice and guidance to promote positive lifestyle choices |  |  |
| 7.7 | Plan SMART goals linked to the client’s needs, wants and motivators |  |  |

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

### Contact us

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