**Record of learner observation**

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

(Unit 06, LO4)

Be able to supervise gym-based exercise sessions

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 3 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** |
| 4.1 | Adopt appropriate positions to observe clients participating in a gym-based exercise session |  |  |
| 4.2 | Observe and monitor safety and intensity throughout the duration of a gym-based exercise session |  |  |
| 4.3 | Ensure client safety and well-being at all times during a gym-based exercise session |  |  |
| 4.4 | Assess client performance and identify any required adaptations to ensure suitable progression/regression |  |  |
| 4.5 | Conclude a gym-based exercise session within a suitable timeframe |  |  |
| 4.6 | Ensure the environment is left safe and secure following a gym-based exercise session |  |  |

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

### Contact us

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