



FOCUS AWARDS 



Session / Self-evaluation form

Gym-based Exercise and Personal Training qualifications

Session self-evaluation

There are 27 marks available. You must score a minimum of 21 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.

1. How did you gather feedback from your client to review and evaluate your practice? Consider the communication skills used when gathering the information.

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3 marks (minimum 2 marks)

2. Give two examples of feedback provided by the client that you will use to review and evaluate your practice.

2 marks (minimum 1 mark)

3. Describe four ways in which your session structure, selected exercises and the equipment you used were safe and effective for meeting your client's needs.

4 marks (minimum 3 marks)

4. Describe two ways in which you will improve session content to meet your client's needs.

2 marks (minimum 1 mark)

5. Describe two ways in which you will improve your choices of exercise and equipment to meet your client's needs.

2 marks (minimum 1 mark)

6. Describe two ways in which your instructional skills were effective for meeting the client's needs.

2 marks (minimum 1 mark)

7. Describe two ways in which your instructional skills could be improved to meet the client's needs.

2 marks (minimum 2 marks)

8. Describe two ways in which your communication was effective for meeting the client's needs.

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2 marks (minimum 2 marks)

9. Describe two ways in which you could improve your communication skills to meet the client's needs.

2 marks (minimum 1 mark)

10. On reflection, identify three specific actions or behaviours you demonstrated that enhanced or added value to the time spent with your client.

3 marks (minimum 2 marks)

11. What actions will you take to improve your personal practice as a result of completing your practical assessment(s) for this particular course?

3 marks (minimum 2 marks)

Result total /27 marks (21 marks in total, with the minimum set marks achieved for each question required to pass)

Result Pass/Refer

Assessors feedback

This Learner Achievement Portfolio (LAP) was developed in accordance with Focus Awards qualification structure.

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