

## Active IQ Level 2 Certificate in Gym Instructing

Accreditation Number: 603/2692/X

### Consultation:

Complete as per the guidance in the LAP.  
Can be completed & assessed remotely or live.  
***The consultation is mandatory for both options.***

### Session planning and observed 121 session (summative assessment)

#### Option 1

##### Access to a gym facility:

Follow the guidance as stated in the LAP.  
Pages 30-38

#### Option 2

##### No access to a gym facility:

An adapted session is required:

Based on the equipment available to the learner, and in their current environment; the learners will need to design:

- A safe 45-60min session
- A suitable warm up & prep-stretch
- A suitable main workout (include: 3x FW, 3x BW 2x AFE)
- A suitable cool down & stretch
- Planned adaptations & modifications (include regressions & progressions)

This session plan must be assessed and passed before assessment.

#### Option 2 continued...

##### No access to a gym facility:

Recorded Summative assessment

Assessment must follow these guidelines:

- Delivered in line with NHS & Government guidance. Instructed 121 outdoors, or indoors and a member of their household can be used as the client
- Learners will need to video themselves delivering the adapted session plan following the AIQ Recording guidelines
- The assessor must review the full recording & complete the LAP on Pg. 34

## Exercise Techniques (modular summative observation- group induction)

### Option 1

**Access to a gym facility and a small group of clients.**

A minimum of 3 clients are required for the group induction assessment (this cannot include the assessor)

Complete the group induction assessment using the marking grid in the LAP. Pages 39-41

### Option 2

**Access to a gym facility but unable to work with a small group of clients.**

A) The learner is to instruct to one person; exercises selected by the assessor\*

- Warm up inc. 1x CV machine
- 1x Resistance Machine
- 2x Free weight exercises (inc. 1x spotted exercise & 1x deadlift exercise)
- 1x Body weight exercise
- 1x Alternative functional training equipment

The adapted checklist must be completed (please request this from the centre EV)

B) A professional discussion\*\* (PD) must be completed to cover criteria which relates to group instruction:

- How to plan for small group sessions
- How to manage groups of clients:
  - a) Instruction
  - b) Supervision
  - c) Inclusion
  - d) Balancing individual needs

Detailed records of the discussion must be recorded.

PD can be held remotely (e.g. Zoom) and the learner's identity must be verified by the assessor at the start.

\*Refer to AIQ resource pack for group assessment exercise template.

\*\* Review the PD guidance before completing the assessment.

### Option 3

**No access to a gym facility. Interactive Professional discussion.**

Exercise Techniques Adaptation

An interactive professional discussion\* (PD) using videos; must be completed to determine teaching competency on a range of equipment:

- 3x CV machines
- 4x Resistance machines
- 4x Free weight lifts
- Learners will also need to discuss how they would adapt their instructions for group induction

**Only the AIQ approved playlist videos can be used for this assessment** (provided once the application is approved)

Videos include the use of a range of exercises, including both correct and poor technique.

Each clip is a 30s silent video of a person using the equipment. After viewing the clip, the learner will be expected to explain the set-up requirements and the coaching technique they would use to instruct.

Rotate between playlists 1-3 for every PD, to provide each learner a unique assessment.

\*Review the PD guidance before completing the assessment.

## Professional Discussion Guidance:

### What is a Professional Discussion? (PD)

- It is a method used to assess in-depth knowledge across multiple assessment criteria
- It is a planned, detailed, conversation between the learner and assessor
- It is led by the learner after the assessor has provided a series of conversation starters
- These conversation starters are to be provided prior to the PD so the learner can plan their detailed responses
- The assessor can revisit the conversations starters during the PD; however, the expectation is for the learner to lead the discussion and for the assessor to listen and take feedback notes
- The assessor should allow the learner to complete the PD in full before asking any further open questions
- Use the right context; the learner is expected to respond in the first person (“I would”)
- The PD can be held remotely (E.g. Zoom) or face to face if social distancing measures can be maintained and are compliant with current Government guidance
- The learner’s identity must be verified by the assessor before starting the assessment
- A record of the discussion must be made. This should be detailed and accurately reflect the response given by the learner
- Video or audio recordings are required for verification, and the assessor’s records must include the conversations starters asked, alongside any further questions and reference the time of the response within the feedback

## Interactive Professional Discussion Guidance:

### Playlist videos explained.

- Only the AIQ approved video playlists can be used. These video links must be kept securely and not shared directly with learners
- This assessment process will allow the assessor to determine the learners teaching approach for a range of gym equipment:
  - o Three types of cardiovascular equipment
  - o Four resistance machine lifts
  - o Four free weight lifts
- Videos include the use of a range of exercises, including both correct and poor technique
- Each clip is a 30s silent video of a person using the equipment. After viewing the clip, the learner will be expected to explain the set-up requirements and the coaching technique they would use to instruct the client
- A second clip of the same video will then allow the learner to highlight good/poor technique and provide corrective teaching points



## Interactive Professional Discussion Guidance:

### Professional discussion criteria.

- Set criteria must be covered and the PD should be assessed using the AIQ checklist and template.
- Conversation starters should be developed based on:

Exercise technique:

- How to correctly set up each piece of equipment shown in the video
- How to safely use each piece of equipment, including the correct technique
- Identification of the prime movers involved in each exercise
- Explanations for each exercise
- Modifications, adaptations, and alternatives to progress and regress each exercise
- Identification of good and / or poor performance
- Coaching points to improve performance

Group induction

- How to plan for a small group session
  - How to manage groups of clients, including:
    - o Instruction
    - o Supervision
    - o Inclusion
    - o Balancing the needs of individuals
- Any follow up questions should be recorded in the assessor question section and reference the criteria it is related to, the question asked and the learner's response
  - For each equipment area, the assessor must provide specific feedback based on the learner's response to the exercises seen



## Interactive Professional Discussion Guidance:

### Recording the Result.

- The date of the assessment must be recorded.
- All sections of the checklist must be completed
- Feedback must be detailed and mapped to the criteria
- An outcome must be provided (pass / refer) for each section and the overall assessment

### Referral & Reassessment.

- Referral can be allocated on one section, or the overall assessment. This may be a result of the learner incurring:
  - o One or more Xs against a criteria and assessor feels the learner is not competent in this area
  - o A high proportion of Xs throughout and the assessment is deemed not competent
- The assessor then must make an informed judgement as to when to reassess the learner. This could be completed on the same day if minimum reassessment is necessary or revisited on a different date with feedback and guidance provided
- Where a full reassessment is necessary a different playlist should be used