

Module 7
Continuous Assessment

The following format will be used for the continuous assessment element of this module:

Two practical and 1 written assessment to take place at different stages of the programme.

1. Practical assessments

(a) Assessment 1: student is examined on his/her ability to teach 2 lifts from the list below to one of their peers. **40%**

Assessment 1 List of Lifts

Dead Lift
Bench Press
Supine Fly
Prone Row
Prone Fly
Single Arm Row
Shoulder Shrug
Shoulder Press
Lateral Raise
Bent over lateral raise

(b) Assessment 2: The student is examined on his/her ability to teach 2 lifts from the list below to one of their peers. **40%**

Assessment 2 List of Lifts

Frontal Raise
Posterior Raise
Upright Row
Squat
Forward Lunge
Calf Raise
Biceps Curl
Concentration Curl
Triceps Extension
Triceps Kickback

The marking sheet for the above assessments is available on the next page

2. Written assessment **20%**

(a) Two Questions relating to resistance training terminology as per p. 281- 284 of the student manual and p.311 (Methods of Overload

(b) A short programming question relating to resistance training
e.g.

(a) Design a strength training programme for a client who has 6 months experience on an LME programme and now wishes to improve his overall strength

(b) Show how this programme would look after 8 weeks

The marking sheet below will be used for both practical assessments in Module 7 Resistance Training

Certificate in Exercise & Health Fitness Continuous Assessment				
Module 7 Resistance Training Assessment:				
Student Name			Date	
Course			Mark	
Venue			Examiner	
UL Grade	A	B	C	D
U L %	100%-80%	79%-60%	59%- 40%	<40%
Exercise 1	<i>please tick the appropriate column</i>			<i>Comments</i>
Personal technique & demos				
Appropriate TP's & SP's				
Observation skills				
Correction skills				
Follow through on correction				
Adaptation (if required)				
Knowledge of muscle groups				
Client Education				
One to one communication				
Exercise 2	<i>please tick the appropriate column</i>			<i>Comments</i>
Personal technique & demos				
Appropriate TP's & SP's				
Observation skills				
Correction skills				
Follow through on correction				
Adaptation (if required)				
Knowledge of muscle groups				
Client Education				
One to one communication				

