

Assessment introduction

To achieve this qualification, you are required to complete a number of different assessments, including:

- A case study working with a real client to enable you to complete:
 - An initial consultation.
 - A food diary analysis.
 - An educational activity for the client.
 - A modular summative observation* – Consultation (your assessor will observe you with your client).
 - A periodised programme including commentary/rationales and individual session plans.
 - A summative observed session* – Personal training (your assessor will observe you with your client).
- A worksheet with questions across all units.
- A worksheet – Self-evaluation and reflective practice.
- An assignment – Designing an infographic and educational information handout.
- An assignment – Recommending the use of technology to clients.
- A modular summative observation* – Training techniques (your assessor will observe you with a client/peer).
- An assignment – Developing a new personal training business, including an initial business evaluation, market research and business planning.

There are additional templates to support you with the above assessments. These include:

- Food diary.
- Planning periodised programmes.
- Recommending the use of technology to clients.
- Developing a new personal training business.
- Training techniques planning template.

N.B. Please ask your tutor for these.

***Modular summative and summative observation guidance**

A modular summative observation is a flexible assessment format which allows the completion of an assessment on one or more occasions. For example, the consultation assessment may involve your assessor observing the whole consultation with your client in one session, or they may observe each section during different parts of the course.

A summative observation is where the assessment takes place on one occasion. For example, the personal training session will be observed and assessed in one session.