

# Learner workbook

**NCFE Level 2 Award in Instructing Suspension  
Training QN: 603/3937/8**

Learner name: .....

Centre number: .....

Centre name: .....

Tutor name: .....

Start date: .....

**Signatures**

Learner: .....

Assessor: .....

Internal quality assurer (IQA)\*: .....

External quality assurer (EQA)\*: .....

\* for completion if part, or all, of the evidence has been sampled by the internal and/or external quality assurer

# **Unit 01**

## **Planning suspension training sessions (D/617/4025)**

### **Overview**

This unit covers the knowledge and skills an instructor needs to be able to plan safe and effective group suspension training sessions.

This booklet allows opportunities to provide evidence for assessment criteria 1.1 to 5.4. To support your evidence, the following websites may support you with some important information to complete the tasks:

- [www.acsm.org](http://www.acsm.org)
- [www.fitnessindustryeducation.com](http://www.fitnessindustryeducation.com)
- [www.bases.org.uk](http://www.bases.org.uk)

### **Supporting evidence**

Ensure that all the evidence is available for viewing by the Internal and External Quality Assurer.

# Unit 01 Workbook

After completing your assessment, please return it to your tutor.

## Advice to all learners

- please complete your personal details and learner declaration below
- complete all questions in this assessment
- write your answers in the spaces provided
- add any additional work for any of the questions on plain paper and attach to this assessment
- if you need guidance or assistance, please contact your tutor

## Learner declaration

I have completed all sections of this assessment and I confirm that this is my own work.

Signature: .....

Date: .....

**Assessor:** .....

**IQA:** .....

**Achieved:** .....

**Not yet achieved:** .....

## **Learning outcome 1**

**Understand the benefits, uses and principles of suspension training**

**Task 1: Identify the component parts of suspension training devices (1.1)**



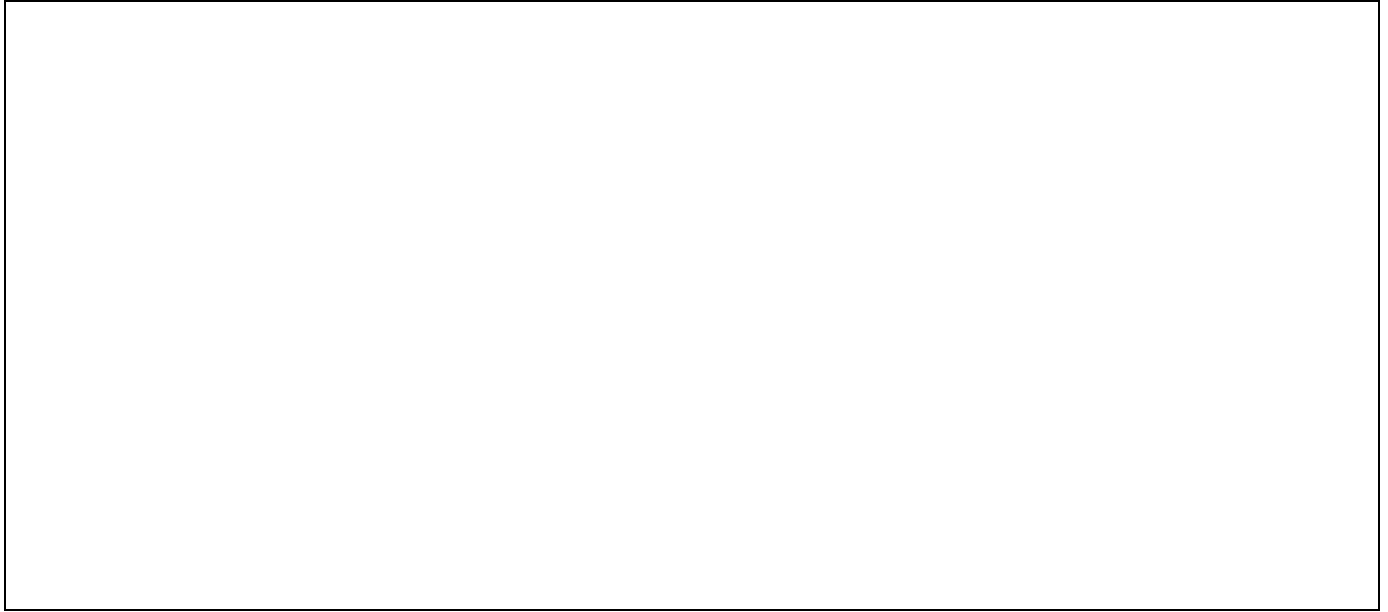
**Task 2 Describe the benefits of suspension training in terms of the following:  
(1.2)**

<b>Benefits</b>	<b>Description</b>
<b>Physical</b>	
<b>Instructor</b>	
<b>Participants</b>	

**Task 3: Explain the role of suspension devices in functional training  
(1.3)**

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**Task 4: Describe the training effects received from suspension training (1.4)**



# Evidence sheet

Assessment criteria	Assessor comments
1.1	
1.2	
1.3	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

## **Learning outcome 2**

### **Understand the health and safety considerations for suspension training sessions**

**Task 1: Explain safety considerations for each of the identified factors below, in relation to suspension training sessions (2.1)**

<b>Considerations</b>	<b>Explanation</b>
<b>Environment</b>	
<b>Equipment</b>	
<b>Participants</b>	



**Task 2: Explain the potential risks associated with using suspension training equipment and the necessary precautions to take (2.2)**

Risks	Precautions	Explanation

**Task 3: Describe the possible contraindications to suspension training (2.3)**



## Evidence sheet

Assessment criteria	Assessor comments
2.1	
2.2	
2.3	

Assessor signature:	
IQA signature:	
Date:	

## **Learning outcome 3**

### **Understand the techniques to use in suspension training sessions**

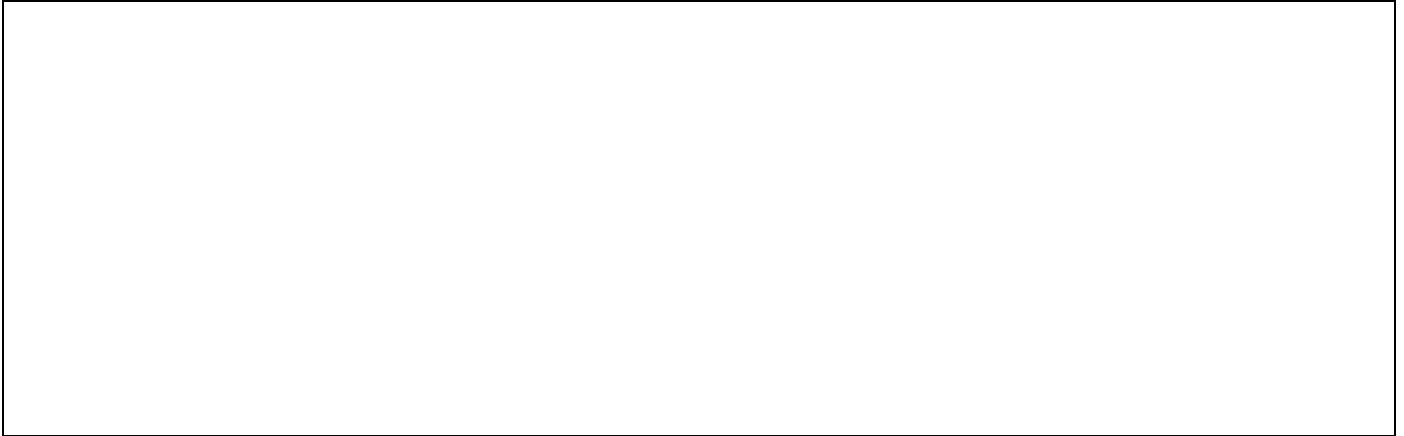
**Task 1: Describe how suspension training can be incorporated into other training sessions (3.1)**



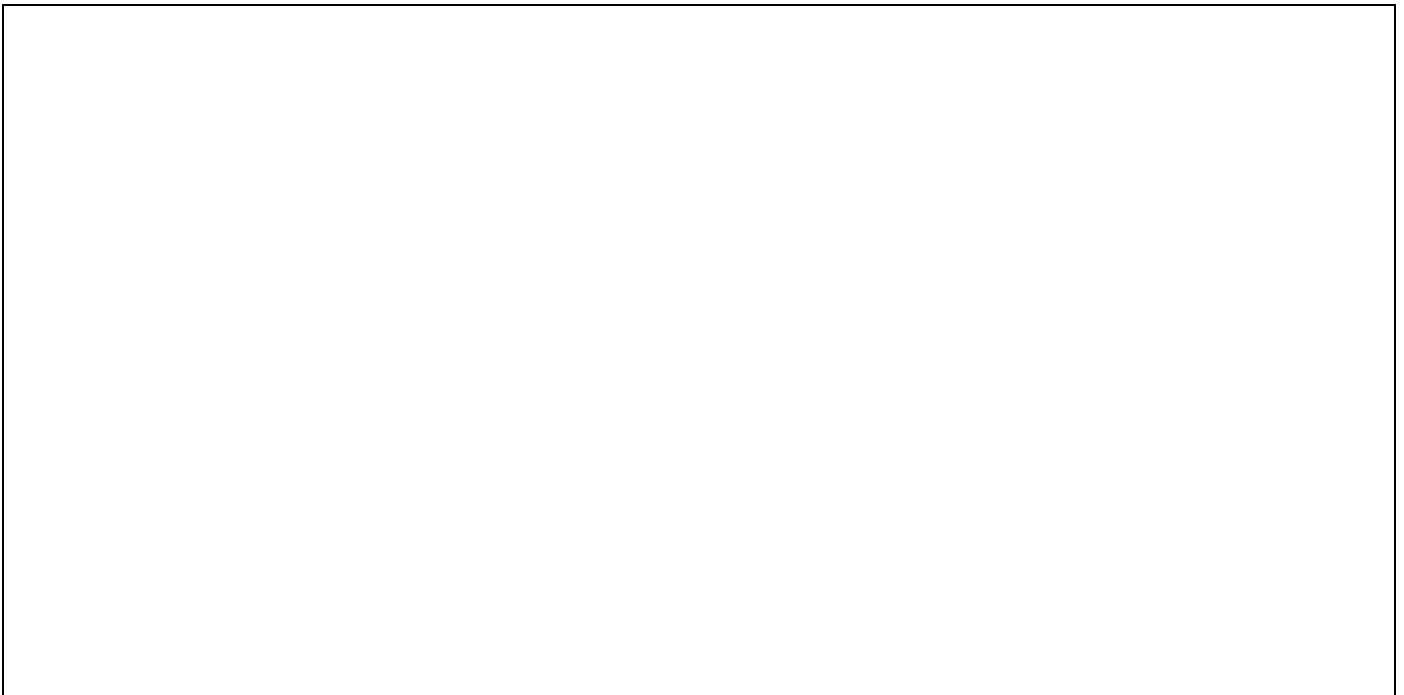
**Task 2: Describe a range of different exercises that can be performed using a suspension trainer (3.2)**

Exercises	Teaching points	Muscles used

**Task 3: Identify below ways of varying the intensity of a suspension training session (3.3)**



**Task 4: Explain the importance of correct technique when using a suspension trainer (3.4)**



## Evidence sheet

Assessment criteria	Assessor comments
3.1	
3.2	
3.3	
3.4	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

## **Learning outcome 4**

### **Be able to plan safe and effective suspension training session**

In this learning outcome, begin to plan for the suspension training session you will be assessed on as part of the qualification. You must plan for a minimum of four participants and a 30-minute session.

If you would prefer to design and record your plan in an alternative format, feel free to do so. Just ensure that it clearly covers the assessment criteria below.

**Task 1: Plan the aims and objectives of your suspension training session (4.1)**

Aims	Objectives



**Task 2: Plan the equipment needed, and the training environment to be used, for your suspension training session (4.2)**

Equipment	Environment

**Task 3: Plan the structure and content of your suspension training session (4.3) and plan exercise adaptations, alternatives and modifications for each exercise (4.4)**

Warm-up	Exercise modifications

<b>Main session (to include exercises, positioning, teaching points, timings, reps and active rest)</b>	<b>Exercise modifications</b>

<b>Cool-down</b>	<b>Exercise modifications</b>

# Evidence sheet

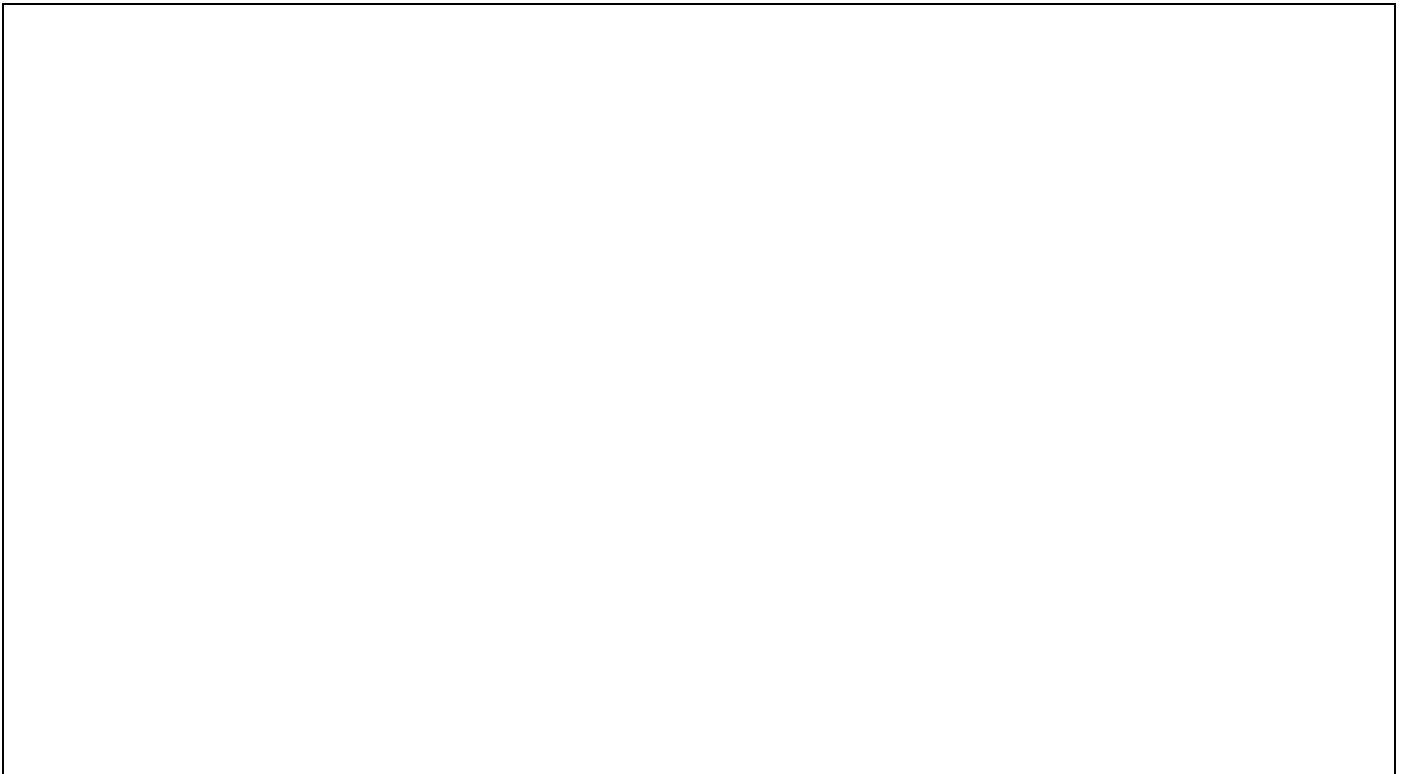
Assessment Criteria	Assessor Comments
4.1	
4.2	
4.3	
4.4	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	


## **Learning outcome 5**

### **Understand how to instruct safe and effective suspension training sessions**

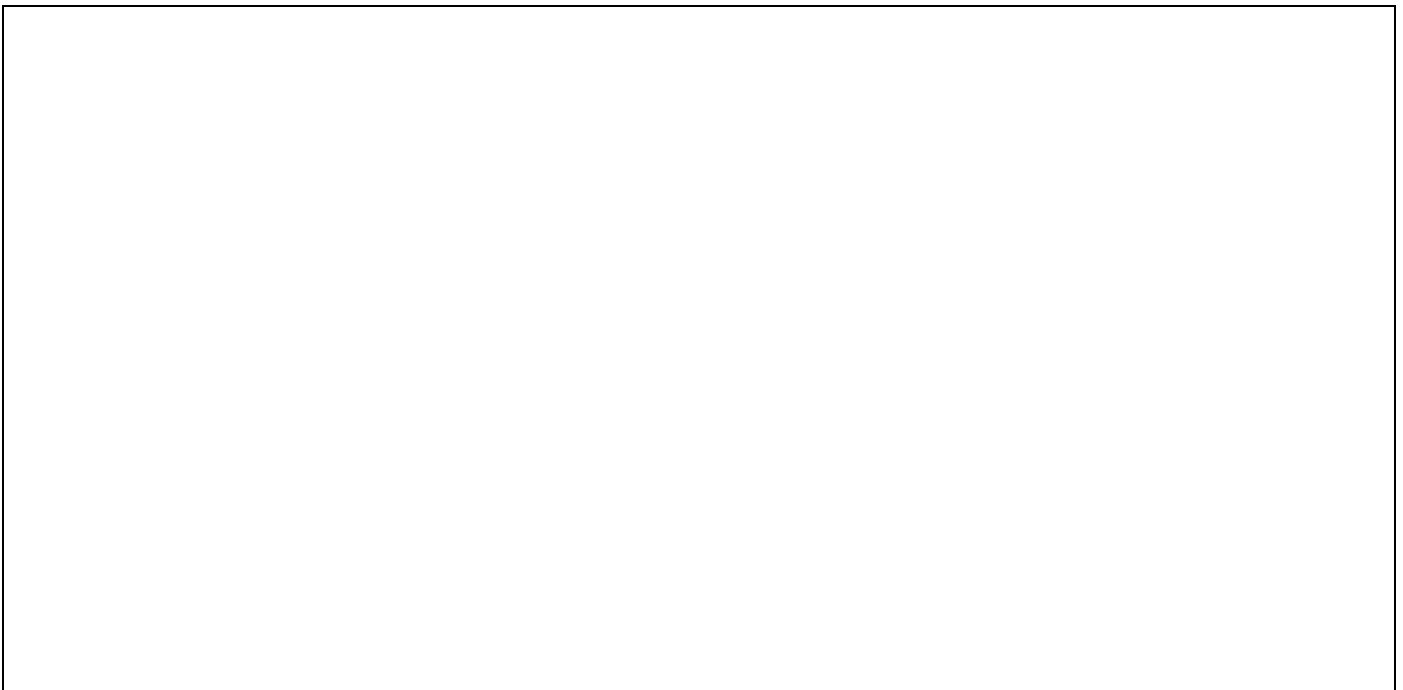
**Task 1 Explain the importance of correct demonstrations and clear instruction (5.1)**



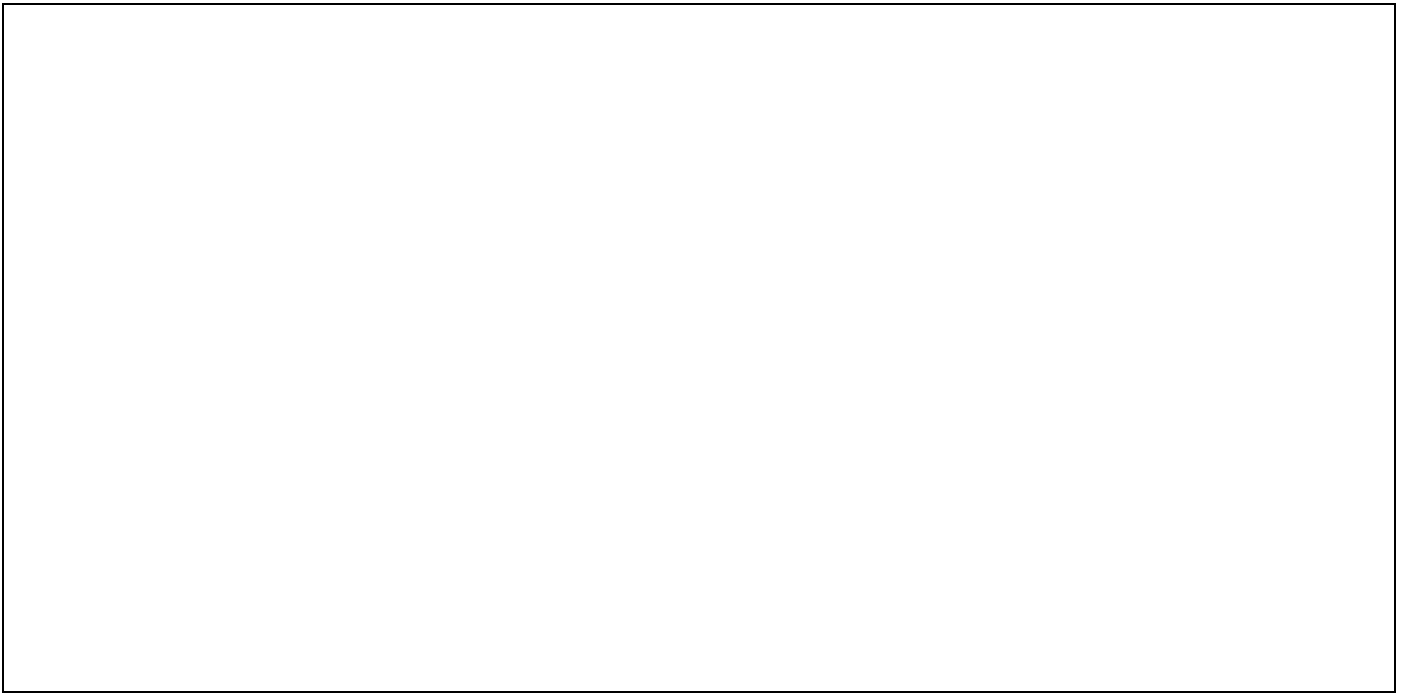
**Task 2: Describe ways to observe and monitor performance (5.2)**



**Task 3: Explain ways to improve, correct and reinforce techniques (5.3)**



**Task 4: Explain ways to engage and motivate participants during suspension training sessions (5.4)**





## Evidence sheet

Assessment Criteria	Assessor Comments
5.1	
5.2	
5.3	
5.4	

<b>Assessor signature:</b>	
<b>IQA signature:</b>	
<b>Date:</b>	

**Well done!**

**You have completed all the tasks. Hand them in to your tutor for feedback.**

# Feedback form

## Assessment decision

Achieved

Not yet achieved

### Comments/feedback

<b>Comments/feedback</b>

**Assessor  
signature:****Date:****Learner signature:****Date:****IQA signature:****Date:****EQA signature:****Date:**

## Contact us

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