**Record of learner observation**

Instructing and supervising gym-based exercise programmes (Y/617/4007)

(Unit 06, LO2)

Be able to prepare for gym based exercise sessions

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 3 Diploma in Gym Instructing and Personal Training (603/4388/6) | **Learner name** |  |
| **Date & time of observation** |  | **Assessor name** |  |

|  |  |
| --- | --- |
| Description of the learner’s activity. Please include:   * people present * what was observed * what the learner did. | Assessment criteria met |
|  |  |
| **Feedback to Learner** | |
|  | |

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | **Yes** | **No** |
| 2.1 | Prepare self to supervise gym-based exercise sessions |  |  |
| 2.2 | Prepare the gym environment to enable safe and suitable gym-based exercise sessions to take place |  |  |
| 2.3 | Select suitable equipment to be used during a gym-based exercise session |  |  |
| 2.4 | Greet and prepare clients for a gym-based exercise session |  |  |

|  |  |  |  |
| --- | --- | --- | --- |
| **Assessor Signature** |  | **Date** |  |
| **Learner Signature** |  | **Date** |  |

### Contact us

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Version 1.0 September 2021

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