**Record of learner observation**

Delivering personal training sessions (D/617/1710) (Unit 4, LO2)

**Be able to prepare clients for personal training sessions**

|  |  |  |  |
| --- | --- | --- | --- |
| **Qualification** | NCFE Level 3 Diploma in Personal Training (603/3491/5) | **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 | Communicate with client(s) in a professional manner |  |  |
| 2.2 | Clarify to the client(s) roles and responsibilities of the Personal Trainer for that session |  |  |
| 2.3 | Provide information on how the proposed plan/exercises supports client goals |  |  |
| 2.4 | Perform verbal screening |  |  |
| 2.5 | Assess clients’ state of readiness and motivation to take part in the planned exercises/physical activities |  |  |
| 2.6 | Review and revise plan with the client, recording changes as applicable |  |  |
| 2.7 | Show responsibility and professional duty of care to clients, ensuring client safety and well-being in line with legal responsibilities |  |  |
| 2.8 | Implement a range of communication skills to create a positive experience and build rapport |  |  |

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

### Contact us

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