**Session self-evaluation**

**There are 21 marks available. You must score a minimum of 17 marks in total to achieve a Pass. In addition to achieving the total Pass mark, you must also score at least the minimum marks set for each question to achieve an overall Pass.**

1. How did you gather feedback from your participants to review and evaluate practice? Consider when you gathered this information and the communication skills used, for example, listening, observation and asking questions.

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**3 marks** (minimum 2 marks)

1. Identify two examples of feedback provided by participants that you will use to review and evaluate your practice.

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**2 marks** (minimum 1 mark)

1. **Describe** four ways in which your session structure, use and type of music, selected exercises and equipment used were safe and effective for meeting participants’ needs.

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**4 marks** (minimum 3 marks)

1. **Describe** two ways in which you could improve your session content to better meet your participants’ needs.

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**2 marks** (minimum 1 mark)

1. **Describe** two ways in which you could improve your choices of exercise and equipment to better meet your participants’ needs.

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**2 marks** (minimum 1 mark)

1. **Describe** one way in which each of the following skills were effective for meeting participants’ needs.

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| --- | --- |
| Instructional |  |
| Coaching |  |
| Motivational |  |
| Communication |  |

**4 marks** (minimum 3 marks)

1. **Describe** one way in which each of the following skills could be improved to better meet participants’ needs.

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| --- | --- |
| Instructional |  |
| Coaching |  |
| Motivational |  |
| Communication |  |

**4 marks** (minimum 3 marks)

**Results total         /21 marks** (17 marks in total, with the minimum set marks achieved for each question required to pass)

**Pass/Refer**

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| **Assessor’s feedback and questions:** |