**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, e.g. 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 choreography styles 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 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, choreography and music 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:**  |