



Step 6 - Self-evaluation

There are 26 marks available. You must score a minimum of 21 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 client to review and evaluate your practice? Consider the communication skills used when gathering the information.

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[2 marks available – Marks awarded _____]

2. Give two examples of feedback provided by the client that you will use to review and evaluate your practice.

[2 marks available – Marks awarded _____]

3. Describe four ways in which your session structure, selected exercises and the equipment you used were safe and effective for meeting your client's needs.

[4 marks available – Marks awarded _____]

4. Describe two ways in which you will improve session content to meet your client's needs.

[2 marks available – Marks awarded ____]

5. Describe two ways in which you will improve your choices of exercise and equipment to meet your client's needs.

[2 marks available – Marks awarded ____]

6. Describe two ways in which your instructional skills were effective for meeting the client's needs.

[2 marks available – Marks awarded ____]

7. Describe two ways in which your instructional skills could be improved to meet the client's needs.

[2 marks available – Marks awarded ____]

8. Describe two ways in which your communication was effective for meeting the client's needs.

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[2 marks available – Marks awarded _____]

9. Describe two ways in which you could improve your communication skills to meet the client's needs.

[2 marks available – Marks awarded _____]

10. On reflection, identify three specific actions or behaviours you demonstrated that enhanced or added value to the time spent with your client.

[3 marks available – Marks awarded _____]

11. What actions will you take to improve your personal practice as a result of completing your practical assessment(s) for this particular course?

[3 marks available – Marks awarded _____]

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Result total out of 26 marks (21 marks needed to pass)						
	Pass		Refer		Date	

Assessor's feedback and questions: