



Qualification and Assessment Structure

As a learner you would be assessed under the DPT course using the below-mentioned parameters.

There will be two types of assessments formative (ongoing) and summative (final).

Formative Assessments:

1. Weekly MCQ papers on the units taught in the class,
2. Assignments given during the class.

A note to the Learners

- If a learner fails to secure 70% marks in the MCQP and fails to deliver the assignments given in the class, he/she won't be allowed to appear for the **Summative Assessment**.
- An attendance of 80% is mandatory for all the learners.

Summative Assessments:

1. Product Evidence (Health Screening, Client Interview, Profile, Session Plans, 6-week plans, Programme Cards X 3 and Follow Up Review)
2. Observed Practical Assessment (Fitness Testing/Instructing)
3. Worksheets (Fitness Testing, Nutrition, Health & Safety, etc)
4. Personal Development Plan and Reflective Statement.
5. MCQp (Anatomy and Physiology)

A note to the Learners

- The MCQp requires a minimum of 70% to clear the exam.
- The Worksheets have a passing criterion of a 100%, meaning a perfect 100/100 is needed to pass the exam.



Units and Assessments Types

Unit	Assessment(s)
Unit 1 (A1): Conduct health screening and assess client exercise preferences, barriers and goals	Health screening paperwork to include: 1. Client interview 2. Health screening questionnaire 3. Client profile 4. Analyse and interpret client's information
Unit 2 (A2): Carry out client fitness assessments	1. Client interview and initial assessments 2. Analyse assessment results 3. Practical observation of assessments 4. Fitness Assessment Worksheets
Unit 3 (B1): Apply principles of anatomy and physiology in a fitness context	Multiple Choice Question Paper (MCQP)
Unit 4 (D1): Provide motivation and support as part of exercise instruction	Provide Motivation and Support Worksheets
Unit 5 (D2): Support long term behaviour change by monitoring client exercise adherence and applying motivational techniques	Support behaviour change and adherence Worksheets
Unit 6 (D3): Promote healthy eating and physical activity	Nutrition Worksheets Internally assessed
Unit 7 (C3): Apply the principles of nutrition and weight management to programme design	Client nutritional assessment
Unit 8 (G1): Promote health and safety in a fitness environment	Promote health and safety Worksheets
Unit 9 (H1): Provide customer service in health and fitness	Built into provide motivation and support worksheets and Client interview
Unit 10 (I1): Develop professional practice and personal career in the health and fitness industry	1. Personal Development Plan (PDP) 2. Viva with assessor
Unit 11 (B3 and C1): Plan exercise training programmes	1. Programme cards x 3 2. 6-week plan
Unit 12 (C4): Apply the principles of exercise science to programme design	1. Principles of exercise worksheets 2. Personal training programs x 3 (as per unit 2) 3. MCQP (Multiple Choice Question Paper)
Unit 13 (B3 and B8): Instruct, supervise and deliver training programmes	1. Practical observation 2. Reflective statement 3. Professional discussion
Unit 14 (C2): Manage, review, adapt and evaluate personal training programmes	1. 6-week programme review 2. 6-week worksheets

Assessment Specification

The following assessments are used to gauge your competency against the ICREPs Global Standards. You are required to undertake ALL assessment elements to complete the qualification.

To complete the assessment paperwork, you will need a client to work with over a 6-week period, this can be a peer from your course but should ideally be a real client. They should be 'apparently healthy' and aged 16+.

Unit 1 (A1) Conduct health screening and assess client exercise preferences, barriers and goals

Assessment - Health screening paperwork to include:

1. Client interview



2. Health screening questionnaire,
3. Client profile
4. Analyse and Interpret Client's information

You are required to perform have an interview with your client and collect the relevant information to enable you to give them suitable support and advise with regards to physical activity, clients goals, clients nutrition and diet and their fitness requirements, you are required to complete the relevant paperwork on a real client, the interview will be observed by your assessor and you are required to meet the full criteria on 'Observation of client interview checklist' so ensure you are familiar with the criteria it lists.

On completion of your interview you are required to analyse and interpret the client's information collated from the client interview.

Unit 2 (A2) Carry out client fitness assessments

Assessment

1. Initial assessment
2. Practical observation of assessments
3. Analyse assessment results
4. Fitness Assessment Worksheets

Client Interview

You are required to perform an interview with your client and collect the relevant information to enable you to give them suitable support and advise with regards to physical activity, clients goals, clients nutrition and diet and their fitness requirements, you are required to complete the relevant paperwork on a real client

Initial assessment

Based on the information collected during the client interview you will be required to decide on a range of suitable fitness tests/assessments to meet the client's goals, fitness levels and abilities. You will be required to manage the fitness assessments with your client following correct protocols and methods for assessment. You will be observed performing the assessments.

Analyse assessment results

On completion of your interview and fitness assessments you are required to analyse and interpret the client's information and the results from the assessments. You will be required to record and analyse the results in a format that allows you to add the review results for comparison over the 6 week period.

Practical observation of assessments

You will be observed by your assessor performing these assessments with your client. You are required to meet the full criteria on "Observation of fitness assessments checklist" so ensure you are familiar with the criteria listed on this checklist.

Fitness Assessment worksheets

You are required to complete the Fitness Assessment worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 3 Apply principles of anatomy and physiology in a fitness context (B1)

Assessment - Multiple Choice Question (MCQ) paper

To show your knowledge and understand of anatomy and physiology, you will need to complete a face to face multiple question paper of underpinning knowledge. A minimum of 30/40 marks (75%) is required to prove competence.

The assessment is available as a written test or online assessment. A mock paper is available.

Unit 4 Provide motivation and support as part of exercise instruction (D1)



Assessment - Provide motivation and support Worksheets (Internally assessed)

You are required to complete the Provide motivation and support worksheets as part of exercise instruction worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 5 (D2) Support long term behaviour change by monitoring client exercise adherence and applying motivational techniques

Assessment - Support behaviour change and adherence Worksheets

Knowledge for this unit has been assessed in Units 1 and 4. You are required to complete the support long term behaviour change worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 6 (D3) Promote healthy eating and physical activity

Assessment - Promote health eating and physical activity Worksheets (Internally assessed)

You are required to complete the Promote healthy eating and physical activity worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 7 (C3) Apply the principles of nutrition and weight management to programme design

Assessment

1. Client nutritional assessment
2. Nutrition worksheets

Client nutritional assessment

You are required to complete a nutritional assessment with a real client, you will need to create your own templates to record the client's nutritional habits and eating.

Nutrition worksheets

You are required to complete the Nutrition worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 8 Promote health and safety in a fitness environment (G1)

Assessment - Promote health and safety in a fitness environment Worksheets (Internally assessed)

You are required to complete the Health, Safety and Welfare worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 9 Provide customer service in health and fitness (H1)

Assessment - Built into Provide motivation and support worksheets and Client interview

This unit has been assessed across other units, some criteria has been assessed in Provide motivation and support worksheets and other parts are assessed during the client interview. No additional paperwork required for this unit.

Unit 10 Develop professional practice and personal career in the health and fitness industry (I1)

Assessment - Personal Development Plan (PDP) and Viva with assessor

You are required to complete the Personal development plan and to have a viva with the assessor to discuss their plan, the paperwork has been externally set by PD:Approval. This paperwork can be completed online or in a paper-based version.

Unit 11 (B3) and (C1) Plan exercise training programmes

Assessment

1. Personal training programmes x 3



2. 6-week plan

You will be required to complete the 'personal training programme' paperwork (listed below).

Personal training programmes x 3

You will need to create a range of programme cards for your client based on your findings in the client interview and fitness assessment.

You will also need to produce a range of Personal training programmes in a range of environments to include:

1. An outdoor area i.e. park
2. An indoor area that is not a specific fitness environment i.e. Client's home, community hall, indoor play
3. A fitness environment/gym/personal training facility

You must write a Personal training programme for the following client's (pick 3)

- Experienced
- Inexperienced
- Active
- Inactive

Your client will be one of the above, you will need to create programmes for the other two client ability levels.

For this part of the assessment you will be required to complete THREE training Personal training programmes, each one will be in a different environment and for a different client level. For example

1. Inactive Client – Personal training programme in the gym
2. Inexperienced client – Personal training programme in client's home
3. Experienced client – Personal training programme in park

Your Personal Training Programmes will be marked using the PT Programme Card Checklist, ensure you are familiar with the criteria on this checklist.

6-week Plan

You will also need to show progression of the above Personal Training Programme over a 6-week period. (You can choice which programme to progress)

Across the 6 weeks ensure you include:

- appropriate warm up activities
- appropriate cardiovascular approaches: (CV machines may be used as appropriate)
 - intervalo fartleko continuous
- a minimum of 4 of the following approaches to resistance training (training systems):
 - pyramid
 - super-setting
 - giant sets
 - tri sets
 - forced repetitions
 - pre/post exhaust
 - negative/eccentric training
 - muscular strength and endurance/muscular fitness
- A suitable range of resistance equipment this could include resistance machines, free weights and appropriate core stability exercises
- An appropriate cool down including the use of suitable stretching.
- Each session should last between 30 – 60 minutes depending on the client's needs and should contain exercises appropriate to the client's needs and goals for the following components:



- cool down including flexibility

Unit 12 (C4) Apply the principles of exercise science to programme design

Assessment

1. Personal training programmes x 3 (as per unit 2)
2. Principles of exercise worksheets
3. MCQP (Multiple Choice Question Paper)

Knowledge for this unit is combined with Unit 2 via the 3 Personal training programmes. In addition you will be required to complete the Principles of exercise worksheet, which have been externally set by PD: Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

Unit 13 (B3) and (B8) Instruct, supervise and deliver training programmes

Assessment

1. Practical observation
2. Reflective statement
3. Professional discussion

Practical observation

You are required to take your potential client through their first programme, this is an opportunity for you to explain and show them how to use the equipment you have chosen. You will be required to instruct the following:

- a planned warm up and CV main using your choice of equipment.
- The resistance section of the assessment will be led by the assessor, who will give you 3 of choices from your PT training programme and 3 assessor choices, these will be given to you in the briefing before the start of the assessment. You will also be required to demonstrate your ability to instruct 2 training methods.
- To complete the workout, you will be required to instruct your planned cool down and then finally to close the session with your client giving them feedback on the session.

The assessor will observe your instructing session with the client and you will be marked against the Observation checklist, please see document below, you need to familiarise yourself with this checklist to ensure you cover all of the areas required for the assessment.

Reflective Statement

At the end of the 6 weeks you will need to review the success of the programme with the client, use the evaluation form to collate the client's feedback. You will then be required to evaluate your own practice.

Professional Discussion

You will be required to have a recorded professional discussion with your assessor on completion of your observation and having written your reflective statement, the questions for the professional discussion can be found in this pack and it is a good idea to prepare some notes which you can use in the professional discussion.

Unit 14 (C2) Manage, review, adapt and evaluate personal training programmes

Assessment

1. 6-week programme review
2. 6-week worksheets

Some elements of this unit are assessed in Units 1 and 2.

6-week programme review

On Completion of your 6-week Personal training programme with your client, you will need to have a review with your client, during the review you will need to complete the following:



- Reassessment of fitness tests/assessments
- Review of client's goals, motivation and preferences

6-week worksheets

You are required to complete the 6-week progression worksheet, which has been externally set by PD:Approval. This worksheet can be completed online or in a paper-based version. Learners must meet 100% of the criteria.

MCQ (Multiple Choice Question) paper

To show your knowledge and understand of applying the principles of exercise science to programme design, you will need to complete a face to face multiple question paper externally set by PD:Approval, of underpinning knowledge. A minimum of 18/25 marks (70%) is required to prove competence.

The following are the mock Practical Observation Checklist, Worksheet and MCQP.

Observation Checklist

Learner's Name		Date	
Assessor's Name			

Key	√	Achieved	R	Not yet achieved	*	Comment
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Note: To attain a Certificate of Achievement, learners must demonstrate ALL criteria's 1 - 7

The learner is required to:	Mark	Feedback
1. Demonstrate the ability to provide correct demonstration of the exercise		
2. Demonstrate the ability and understanding to give effective cueing		
3. Demonstrate the ability to give effective instruction		
4. Observe and monitor the client's movement		
5. Offer suitable alternatives and options for safety and effectiveness of movement		
6. Ended the session as per the given script		
7. Asked questions of the client, give feedback		

Assessor feedback	
Achieved	Not yet achieved



Action Plan	

Learner's Signature	
Assessor's Signature	

Worksheet Sample Questions

Please use additional paper for your answers if needed

Name	
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Introduction to venue

1. List **two** things you must check before you can start lessons and/or accept an instructing position at a suitable studio or venue? (2 marks)

Introduction to class

2. Name **two** things that you would say or state to new participants during an introduction to a new fitness session? (2 marks)

Pre-Activity Readiness Questionnaire (ParQ)

3. Name **two** things you will find on a ParQ form and state **why** these would be on the form? (4 marks)

Participant's safety

4. List **three** ways of testing your equipment is safe for use? (3 marks)
5. Explain why you would not let participants enter a room while equipment is were being erected? (1 mark)

Aims of the fitness session

6. List **three** aims of the fitness session for the participants? (3 marks)

Teaching position

7. Explain why it is not a good position to have your back on participants during a teaching session? (1 mark)

Demonstration & explanation

8. List **three** different teacher techniques when demonstrating or explaining the moves? (3 marks)



Health & Safety of Instructor & Participant

9. List **three** safety issues with regards to the participants and instructor when instructing the fitness session? (3 marks)

Volume of music, type of music

10. Would you have the music **high or low** at the **beginning** of a session whilst participants are entering the room and explain your reasons? (2 Marks)

Motivating the group

11. Why would you try and motivate your participants? (1 mark)
12. How would you achieve this? (1 mark)

After class communication

13. List one of the best ways of how would you achieve this? (1 mark)
14. Why is after class communication important? (1 mark)

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Official use only:

Written Assessment Level 1 Overall assessment

	Mark
Mark out of xx	
Pass (75% or more)	
Deferred (less than 75%)	

Assessor's Name			
Assessor's Signature		Date	

Mock MCQ Paper

DO NOT WRITE ON THIS PAPER, USE THE ANSWER SHEET TO RECORD YOUR ANSWERS

This exam is made up of 25 questions. You need to achieve a 70% pass rate, which equates to 18/25.

All the questions are multiple choice. Please select one answer unless the question stipulates otherwise.

Q1. How do the abdominal muscle contract during a plank exercise?

- A. Isokinetically
- B. Eccentrically
- C. Concentrically
- D. Dynamically
- E. Isometrically



Q2. You observe a client with poor upper body posture during the performance of a plank exercise. Which of the following options would be the LEAST appropriate?

- A. Hold the position for longer
- B. Regress the exercise
- C. Reinforce correct coaching points
- D. Stop the exercise and show a correct demonstration
- E. Offer an alternative exercise

Q3. Which of the following exercises targets the latissimus dorsi and biceps brachii most effectively?

- A. Seated row with neutral grip
- B. Pull ups with pronated grip
- C. Lat pulldown with supinated grip
- D. Single arm row with neutral grip
- E. Lateral raise with pronated grip

Q4. Where is the fulcrum located on the body when performing a seated leg extension exercise?

- A. The knee
- B. The hip
- C. The foot
- D. The neck
- E. The ankle

Q5. Strengthening which muscles can help to correct lordosis?

- A. Muscles that retract the scapula
- B. Muscles that tilt the pelvis backwards
- C. Muscles that protract the scapula
- D. Muscles that tilt the pelvis forwards
- E. Muscles that depress the scapula

Q6. What effect does atherosclerosis have on blood flow through arteries?

- A. It decreases resistance to blood flow, thus increasing blood pressure
- B. It increases resistance to blood flow, thus decreasing blood pressure
- C. It increases resistance to blood flow, thus increasing blood pressure
- D. It decreases resistance to blood flow, thus decreasing blood pressure
- E. It has no impact on blood flow

Q7. For clients with mild hypertension, what type of training can lead to a long-term reduction in resting blood pressure?

- A. Cardiovascular
- B. Motor skills
- C. Flexibility
- D. Muscular strength
- E. Power

Q8. Which of the following is a health risk associated with hypertension?

- A. Reduced bone density
- B. Osteoarthritis
- C. Coronary heart disease
- D. Type 1 diabetes
- E. Depression



Q9. What is the most likely effect of long-term strength training on type 2 muscle fibres?

- A. Atrophy
- B. Hyperplasia
- C. Articulation
- D. Hypertrophy
- E. Ossification

Q10. Which of the following muscles attach to the femur and calcaneus?

- A. Rectus femoris
- B. Tibialis anterior
- C. Soleus
- D. Adductor magnus
- E. Gastrocnemius

Q11. Which of the following exercises use movement in the transverse plane?

- A. Torso rotation
- B. Knee extension
- C. Side leg raise
- D. Bicep curl
- E. Pull up with wide grip

Q12. Which of the following best describes the process of motor unit recruitment?

- A. An efferent nerve impulse triggers some of the fibres in the motor unit to contract
- B. An afferent nerve impulse triggers all of the fibres in the motor unit to contract
- C. An afferent nerve impulse triggers some of the fibres in the motor unit to contract
- D. An efferent nerve impulse triggers all of the fibres in the motor unit to contract
- E. A combination of efferent and afferent nerve impulses triggers most of the fibres in a motor unit to contract

Q13. Which of the following is a 'global' stabilising muscle of the spine?

- A. Transverse abdominis
- B. External oblique
- C. Multifidus
- D. Pelvic floor
- E. Intercostals

Q14. What structure forms the junction between a neuron and a target cell?

- A. Cell nucleus
- B. Axon
- C. Cell body
- D. Dendrite
- E. Synapse

Q15. Excessive abdominal adiposity is most associated with what type of postural deviation?

- A. Kyphosis
- B. Spondylosis
- C. Scoliosis
- D. Lordosis
- E. Pronation distortion syndrome

Q16. During the eccentric phase of a press up, what movement occurs at the scapula?

- A. Protraction



- B. Elevation
- C. Depression
- D. Retraction
- E. Abduction

Q17. What is the function of muscle spindle cells?

- A. They respond to excessive contraction of the muscle
- B. They respond to excessive heat within the muscle
- C. They respond to excessive lengthening of the muscle
- D. They respond to excessive lactic acid within the muscle
- E. They respond to excessive pain within the muscle

Q18. Improved neuromuscular efficiency can lead to which of the following benefits?

- A. Reduced inter-muscular coordination during movement
- B. Reduced risk of coronary heart disease
- C. Increased bone density
- D. Faster reaction times
- E. Decreased agility

Q19. Which term means 'maintaining balance or returning a system to functioning within its normal range'?

- A. Autogenic inhibition
- B. Glycolysis
- C. Hypertension
- D. Metabolism
- E. Homeostasis

Q20. What is the function of the aortic valve?

- A. It prevents backflow of blood into the right ventricle
- B. It prevents backflow of blood into the left ventricle
- C. It prevents backflow of blood into the left atrium
- D. It prevents backflow of blood into the right atrium
- E. It prevents backflow of blood into the aorta