**Level 3 Instructing Outdoor Fitness course**

**ASSESSMENT 2**

**Observation of practical teaching and evaluation**  
You will be required to deliver the outdoor fitness session planned in assessment element 1. This must be observed by an assessor and must be conducted as 1 complete session.

Your participants must be apparently healthy adults aged 16-69 years and must have a negative PARQ. You MUST work within your scope of practice and insurance parameters.

You will be assessment against the summative observation checklist in your LAR. You need to familiarise yourself with this checklist to ensure you cover all the areas required for the assessment.

The sections in the checklist are:

**Instructing group exercise in outdoor environments** – You will be observed delivering each component of the planned session.

**Evaluation** – You must complete the session evaluation immediately following your planned session.

You will require a “tick” or “comment” against every criteria to pass. If you do not get a “tick” or “comment” against every criteria may be re-assessed on that specific criteria.

**USEFUL INFORMATION/LINKS**

Course Page – <http://www.fit4training.com/outdoor-fitness-resources>

Facebook Group – [www.facebook.com/groups/fit4trainingstudysupport](http://www.facebook.com/groups/fit4trainingstudysupport)

Student Support – Martin Brown [martin@fit4training.com](mailto:martin@fit4training.com)

Administration/general queries only relating exams, payments, resources, certificates.

Video Submission - [www.fit4training.com/video-assessment](https://www.fit4training.com/video-assessment)

Submit Coursework – [www.fit4training.com/submit-coursework](http://www.fit4training.com/submit-coursework)