**Knowledge questions**

**Principles of planning and delivering group exercise (L/618/6381)** Assessment element 3

You must complete all of the following knowledge questions. Answers should be written/recorded in the space provided. The pass mark is 100%.

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| 1. List **three** different group exercise class types/genres |
| a) | b) | c) |
| 2. Identify **three** different methods of screening participants, giving a short description of each |
| Method of screening | Description  |
| a) |  |
| b) |  |
| c) |  |
| 3. List **two** examples of risk stratification models  |
| Risk stratification model A: |
| Risk stratification model B: |
| 4. With regard to risk stratification, explain what is meant by: |
| a) Low risk |
| b) Medium risk |
| c) High risk |
| 5. Why is it important to set goals and objectives for a group exercise session? |
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| 6. Outline two examples of training methods that can be utilised in the group environment  |
| Cardiovascular training methods: | Resistance training methods; | Flexibility training methods; |
| a) | a) | a) |
| b) | b) | b) |
| 7. Give **two** examples of how participant information can affect the planning of group exercise sessions; |
| a) |
| b) |
| 8. Describe the importance of regularly reviewing a group exercise programme: |
|  |
| 9. How might you adapt a group exercise session to consider the needs of the following special populations: |
| a) Older People (over 50 years): |
| b) Young people (13-18 years): |
| c) Ante and post- natal clients: |
| 10. Give two ways in which music can be used to assist in the delivery of group exercise sessions: |
| a) |
| b) |
| 11. Identify **two** credible sources of music for use in group exercise: |
| a) |
| b) |
| 12. Describe the legalities of using music in group exercise? |
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| 13 Describe the difference between programming for **physical fitness** and programming for **health benefits:** |
|  |
| 14. List three characteristics of an effective group exercise instructor |
| a) |
| b) |
| c) |
| 15. List three ways in which group exercise instructors can motivate and encourage participants to perform physical activity; |
| a) |
| b) |
| c) |

**Assessor feedback**

**Learner name:**

**Assessment element: Principles of planning and delivering group exercise knowledge questions**

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| **Assessor feedback:** |
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| **Result:** |  | **Date:** |  |
| **Assessor name:** |  | **Assessor signature:** |  |