**Knowledge questions**

**Principles of planning and delivering group exercise (R/617/1395)**

**Knowledge questions**

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. Describe the importance of regularly reviewing a group exercise programme.  |
|  |
| 7. Give **two** examples of how information obtained from a participant might affect the planning of group exercise. |
| a) |
| b) |
| 8. How might you adapt a group exercise session to consider the needs of the following special populations: |
| a) Older People |
| b) Young people (13-18 yrs) |
| c) Ante natal client d) Post natal client |
| 9. How might participant types/demographics and motivations impact on planning group exercise session content and delivery? |
|  |  |  |
| 10. Identify **two** sources of music for use in group exercise: |
| a) |
| b) |
| 11. Describe the legalities of using music in group exercise? |
|  |
| 12. Give **three** ways in which music can assist in the planning and delivery of group exercise sessions: |
| Planning | Delivery |
| a) | d) |
| b) | e) |
| c) | f) |
| 13. Briefly describe how self-evaluation/reflection could be used to further improve your teaching skills. |
|  |
| 14. Use the following table to describe how to plan group exercise to meet the participants’ needs with the following objectives:

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Client objective | Frequency | Intensity | Time | Type |
| Weight loss |  |  |  |  |
| Increased cardiovascular improvement |  |  |  |  |

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**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:** |  |