The learner should complete the following knowledge questions. Answers should be written in the space provided. Pass mark is 100%

YMCA Level 2 Certificate in Gym Instructing (603/2767/4)

Assessment Element 7 – Task 4 (Knowledge Questions)

Gym Based programme, planning and preparation (D/616/7950)

|  |  |
| --- | --- |
| **Learner Name:** | **Date:** |

|  |
| --- |
| **1. Outline 2 ways in which communication methods can be adapted to meet customer needs** |
|  |
|  |
| **2. Explain why communication may need to be adapted due to a customer’s culture, background and/or experience** |
|  |
| **3. Explain how non-verbal communication can affect customer behaviour** |
|  |

|  |
| --- |
| **4. Outline 3 protocols to be followed prior to and/or during the screening of clients**  |
|  |
|  |
|  |
| **5. a)List 2 examples of risk stratification (risk assessment/rating models)** **b) Identify 4 variables that can be used when risk stratifying clients** |
| a) |
| b) |
| **6. With regard to risk stratification, explain what is meant by;** |
| **a) Low risk** |
| **b) Medium risk** |
| **c) High risk** |

|  |
| --- |
| **7. Why is it important to store client information safely?** |
|  |
| **8. Give 2 examples of how client information affects the planning of gym-based exercise** |
| 1) |
| 2) |
| **9. Why is it important to agree goals and objectives for gym based exercise with clients?** |
|  |

Final Result PASS REFER

|  |
| --- |
| **Assessor Feedback** |
|  |
| Assessor Name: | Assessor Signature: | Date: |
| IQA: | IQA Signature: | Date: |