

Practical Assessment Checklist

Task 3

For each of the Exercises listed in task 1

- demonstrate safe and effective exercise technique to a client/s during either individual or group exercise session,
- provide a plain language explanation
- demonstrate safe exercise technique for each exercise, and include technique aspects / cues for the client to focus on

Student Name : _____

Date of Assessment: _____

Client	Exercise	Demonstration C / NYC	Explanation C / NYC	Assessor Comments
female adults	1			
	2			
male adults	1			
	2			
clients aged 55 years or over	1			
	2			
sedentary clients	1			
	2			
active clients	1			
	2			

Assessor Name _____

Date of Assessment: _____

Overall Result (please circle or highlight):

Competent / Not yet competent