

501/1999/0 NCFE Level 3 NVQ Diploma in Personal Training, 500/8526/8 NCFE Level 3 Certificate in Personal Training, 603/3491/5 NCFE Level 3 Diploma in Personal Training, 603/4388/6 NCFE Level 3 Diploma in Gym Instructing and Personal Training

Adaptation addendum

Qualification titles	Qualification reference numbers
501/1999/0	NCFE Level 3 NVQ Diploma in Personal Training
500/8526/8	NCFE Level 3 Certificate in Personal Training
603/3491/5	NCFE Level 3 Diploma in Personal Training
603/4388/6	NCFE Level 3 Diploma in Gym Instructing and Personal Training
Summary of changes	<p>V1.0 - 22.02.21</p> <p>Updates to assessment in line with some external assessments now being cancelled. The new version number is to reflect 2021 updated template layout to include a mapping section for further unit level adaptations.</p> <p>Previous version title AT 50085268 CIMSPA PT</p>

Qualification adaptation

Qualification title & QN	<p>NCFE Level 3 NVQ Diploma in Personal Training (501/1999/0)</p> <p>NCFE Level 3 Certificate in Personal Training (500/8526/8)</p> <p>NCFE Level 3 Diploma in Personal Training (603/3491/5)</p> <p>NCFE Level 3 Diploma in Gym Instructing and Personal Training (603/4388/6)</p>
Learning Outcomes (LO) / Assessment Criteria (AC) Adaptations	<p>These qualifications are sector endorsed by the Chartered Institute for the Management of Sport and Physical Activity (CIMSPA) and contain mandatory units only, therefore it has not been possible to reduce the required Rule of Combination as any changes in this area would largely impact on the integrity and purpose of the qualifications.</p> <p>As these are qualifications which are fully achievable within the existing adaptations, it has not been deemed necessary to remove any further learning outcomes or assessment criteria.</p>

	Learners are permitted access to alternative assessment approaches already contained within this adaptation guidance document, where direct observation is not accessible.
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Assessment adaptation

Assessment	Approach following autumn 2020 adaptations	Additional adaptations for 2020/21
	<i>What we require for this type of assessment at present, including flexibilities already introduced in autumn 2020.</i>	<i>The additional flexibilities and adaptations that will apply during 2020-21.</i>
Internal assessment: skills and knowledge	<p>Internal assessment should continue remotely, where relevant, for all students where possible.</p> <p>We believe that the flexibilities which centres already have with respect to the types of evidence they may use to meet assessment criteria, are sufficient to enable most students to continue to mitigate the ongoing Covid related risks.</p> <p>We would also encourage centres to consider how they might use alternative and / or digital solutions to gather and store evidence including, for example:</p> <ul style="list-style-type: none"> • centre-set short response or multi-choice tests • professional discussion recordings • annotated learning plans • photos and videos. <p>We appreciate that to create and capture evidence for the skills aspect of these assessments, students may need access to specialist facilities / equipment. As our existing guidance permits, to mitigate Covid related challenges in accessing facilities / equipment, we would encourage centres to consider, for example;</p>	<p>Internal assessment should continue remotely, where relevant, for all students where possible. Where internal assessment continues, all previously communicated adaptations still apply.</p> <p>Where permitted by regulatory and sector body guidance we have changed and/or removed qualification content, and therefore related assessment requirement, to allow more learners to complete qualifications. This has only been done where possible without undermining the purpose and validity of the qualification.</p>

	<ul style="list-style-type: none"> • using expert witness testimonies to confirm the observation of student competence over time where direct observation is not possible • using observation of simulated activity to evidence the demonstration of competence where direct observation is not possible • using digital solutions to capture evidence remotely where students can access required facilities / equipment away from the centre, but teaching staff cannot observe at that location • carefully considering how you schedule teaching, learning and assessment activity during the year, recognising that you may not be able to access specialist facilities / equipment in all weeks. <p>You can find further advice and guidance on the preparation of portfolios of evidence here.</p> <p>We will also continue to offer remote EQA reviews and further guidance on how to prepare for this can be found here.</p>	
Observation of competence via workplace or mandatory work placement; essential e.g. due to licence to practice requirements in a given occupational area	<p>All relevant qualification content must still be delivered and assessment criteria met.</p> <p>CIMSPA has published the following adaptation requirements for Personal Training qualifications.</p> <ul style="list-style-type: none"> • Students must have been formatively assessed utilising equipment as prescribed in either the National Occupational or Professional Standard. Evidence of formative assessment having taken place must be available upon request. 	<p>Where the work placement is essential for occupational competency or licence to practice requirements, the relevant content must still be delivered, and assessment criteria met. It is not possible to award qualifications safely, reliably, and validly if key occupational skills have not been demonstrated and assessed.</p> <p>We have undertaken a full review of all assessments within this category. We have worked with sector bodies, regulators and other Awarding Organisations to review whether the work placement must still be completed and if so the number of placement hours required. We have</p>

	<ul style="list-style-type: none"> • Summative practical assessments must be conducted practically. Adaptations to the prescribed assessment methods are not permitted. • The expectation remains that the practical delivery is in line with the client screening and goal setting process, client used for the practical assessment must be screened and the delivery of the assessed session(s) must be in line with the agreed plan. • Students using members of their household to conduct the assessment is permitted. • Practical assessment must be delivered in line with government guidance on social/physical distancing (if still in place). <p>Level 3 Diploma in Gym Instructing and Personal Training also has the following additional guidance for the gym instructing components:</p> <ul style="list-style-type: none"> • Students must have been formatively assessed utilising equipment as prescribed in either the National Occupational or Professional Standard. Evidence of formative assessment having taken place must be available upon request. • Have been formatively assessed in the gym environment instructing a range of equipment as set out in the qualification's specification. • Summative practical assessments should be conducted practically, where possible. • Practical assessment must be delivered in line with government guidance on social/physical distancing (if still in place). • The expectation remains that the practical delivery is in line with the client screening and goal setting process, client used for the practical assessment 	<p>also looked at additional flexibilities around simulation and direct observation.</p> <p>All relevant qualification content must still be delivered and assessment criteria met.</p> <p>CIMSPA has published the following adaptation requirements for Personal Training qualifications:</p> <ul style="list-style-type: none"> • Students must have been formatively assessed utilising equipment as prescribed in either the National Occupational or Professional Standard. Evidence of formative assessment having taken place must be available upon request. • Summative practical assessments must be conducted practically. Adaptations to the prescribed assessment methods are not permitted. • Practical assessment must be delivered in line with appropriate government guidance. • The expectation remains that the practical delivery is in line with the client/participants screening process. Client/participants used for the practical assessment must be screened and the delivery of the assessed session(s) must be in line with the agreed plan. • Students using members of their household to conduct the assessment is permitted. <p>Level 3 Diploma in Gym Instructing and Personal Training also has the following additional guidance for the gym instructing components:</p>
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	<p>must be screened and the delivery of the assessed session(s) must be in line with the agreed plan.</p> <ul style="list-style-type: none"> • Where facilities are unable to be accessed due to reasons stated above, the use of professional discussion can be included within the accepted assessment methods. • Students using members of their household to conduct the assessment is permitted. <p>More information can be found on the CIMSPA website - https://www.cimspa.co.uk/library-and-guidance/coronavirus---cimspa-briefings/cimspa-policy-guidance---coronavirus</p>	<ul style="list-style-type: none"> • Students must have been formatively assessed utilising equipment as prescribed in either the National Occupational or Professional Standard. Evidence of formative assessment having taken place must be available upon request. • Have been formatively assessed in the gym environment instructing a range of equipment as set out in the qualification's specification. • Summative practical assessments should be conducted practically, where possible. • Practical assessment must be delivered in line with government guidance on social/physical distancing (if still in place). • The expectation remains that the practical delivery is in line with the client screening and goal setting process, client used for the practical assessment must be screened and the delivery of the assessed session(s) must be in line with the agreed plan. • Where facilities are unable to be accessed due to reasons stated above, the use of professional discussion can be included within the accepted assessment methods. • Students using members of their household to conduct the assessment is permitted. <p>More information can be found on the CIMSPA website - https://www.cimspa.co.uk/library-and-guidance/coronavirus---cimspa-briefings/cimspa-policy-guidance---coronavirus</p>
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