

**NCFE Level 2 Award in Instructing Suspension Training (603/3937/8)**

**Statement of authenticity**

Learner name:

Centre number:

Centre name:

**Signatures**

Learner: Date:

Tutor/Assessor: Date:

Internal Quality Assurer (IQA)\*: Date:

External Quality Assurer (EQA)\*: Date:

\* For completion if part, or all, of the evidence has been sampled by the Internal and/or External Quality Assurer

**Unit 01 Planning suspension training sessions (D/617/4025)**

**Learning outcome 1**

**You will:** Understand the benefits, uses and principles of suspension training

You must:

|  |
| --- |
| **1.1 Identify the component parts of suspension training devices** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **1.2 Describe the benefits of suspension training**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **1.3 Explain the role of suspension devices in functional training**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |
| **1.4 Describe the training effects from suspension training**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 2**

**You will:** Understand the health and safety considerations for suspension training sessions

You must:

|  |
| --- |
| **2.1 Explain the safety considerations relating to suspension training sessions, including:** * **environment**
* **equipment**
* **participants**
 |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **2.2 Explain the potential risks to participants and the precautions to take** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **2.3 Describe possible contraindications to suspension training** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 3**

**You will:** Understand the techniques to use in suspension training sessions

You must:

|  |
| --- |
| **3.1 Describe how suspension training can be incorporated into other training sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.2 Describe exercises/movements performed using a suspension trainer** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.3 Identify methods of varying intensity** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.4 Explain the importance of correct technique when using a suspension trainer** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 4**

**You will:** Be able to plan a safe and effective suspension training session

You must:

|  |
| --- |
| **4.1 Plan aims and objectives of the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **4.2 Plan the equipment and the training environment** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **4.3 Plan the structure and content of the suspension training session**  |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **4.4 Plan exercise adaptations, alternatives and modifications** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 5**

**You will:** Understand how to instruct safe and effective suspension training sessions

You must:

|  |
| --- |
| **5.1 Explain the importance of correct demonstrations and clear instruction** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **5.2 Describe ways to observe and monitor performance** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **5.3 Explain ways to correct and reinforce technique** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **5.4 Explain ways to engage and motivate participants during suspension training sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Unit 02 Instructing suspension training sessions (H/617/4026)**

**Learning outcome 1**

**You will:** Be able to prepare for a suspension training session

You must:

|  |
| --- |
| **1.1 Prepare self for a suspension training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **1.2 Prepare the environment for a suspension training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **1.3 Prepare the equipment for a suspension training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 2**

**You will:** Be able to prepare participants for a suspension training session

You must:

|  |
| --- |
| **2.1 Welcome and make participants feel at ease** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **2.2 Carry out pre-exercise screening with participants** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **2.3 Instruct participants in the correct use of the suspension training equipment** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **2.4 Provide key safety information to participants** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 3**

**You will:** Be able to deliver a safe and effective suspension training session

You must:

|  |
| --- |
| **3.1 Provide an introduction to the suspension training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.2 Explain the importance of correct posture and core stability** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.3 Deliver a safe and effective suspension training session, to include:** * **warm-up**
* **main training component**
* **cool-down and stretches**
 |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.4 Give clear instructions and correct demonstrations of suspension exercises** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.5 Manage the class safely and effectively** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.6 Demonstrate a range of effective verbal/non-verbal communication techniques** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.7 Provide motivation and encouragement to participants throughout the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.8 Manage the overall session timings** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **3.9 Conclude the session and leave the environment in a safe, suitable condition, ready for further use** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

**Learning outcome 4**

**You will:** Be able to evaluate and reflect on a suspension training session

You must:

|  |
| --- |
| **4.1 Provide feedback to participants on their performance during the session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **4.2 Gain feedback from participants about the suspension training session** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **4.3 Evaluate the session and reflect on own performance** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |

|  |
| --- |
| **4.4 Plan improvements for personal performance and future sessions** |
| **What have you done to show this?**  | Location of evidence (eg hyperlink/portfolio page number) |
|  |  |
| **IQA/EQA feedback**  |