



August 2021

Subject guidance for internally assessed qualifications in 2021–22

Please read this document in conjunction with [guidance for the assessment of internally assessed qualifications](#) issued to centres in August 2021.

Sport and Fitness

Group award titles and codes:	NC Sport and Fitness (GF4G 44) NC Sport and Fitness (G92G 45) NPA Sporting Events: Personal Best (G9V6 44) NPA Sport and Fitness: Individual Sports (G9CG 45) NPA Sport and Fitness: Team Sports (G9GJ 45) NPA Sport and Fitness: Outdoor Sports (G9CH 45) NPA Achieving Excellence in Sport (G9G5 46) NPA Exercise and Fitness Leadership (G9GC 46) NPA Organising Volunteering Events in Sport (G9GD 46) NPA Sports Development (G9GF 46) Skills for Work: Sport and Recreation (C219 74) Skills for Work: Sport and Recreation (C219 75) Freestanding units
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After recent engagement with Qualification Support Teams, teaching staff from colleges and training providers, learners and SQA staff, we can confirm that the current alternative assessment approaches for Higher National and Vocational Qualifications (HNVQ) will continue for session 2021–22.

For sessions 2019–20 and 2020–21, the alternative assessment approaches were put in place for HNVQ to assist centres with the impact of COVID-19 restrictions on teaching, learning and assessment.

These alternative approaches are specific to each course and centres can use them as they see fit. An [interactive decision tree](#) is available on our website to help centres identify the most appropriate assessment approach for each course.

We would encourage centres to deliver the course using the normal unit-by-unit approach in the first instance. If this is not possible, the decision tree outlines alternative approaches that will remain as a support to both learners and centres for session 2021–22.

For the most up-to-date information, please visit the [Higher National and Vocational Qualifications page](#) on our website.

What has changed from February 2021 guidance
No change to adaptations

Critical competences

For reasons of critical competences for these group awards, as well as the risk to self and/or others, the assessment of units involving the practical assessment of first aid procedures; cardiovascular machines; fixed weight machines, mandatory and optional, must be completed before a centre can consider moving to a holistic assessment approach, as set out in the [assessment decision tree](#).

Adaptations to evidence requirements to help manage assessment

Interim arrangements for assessment that were put in place in 2018–19, 2019–20, 2020–21 will continue in 2021–22 for the following group awards:

- ◆ GD5R 15 and GD7G 16: HNC and HND Coaching and Developing Sport
- ◆ GH18 15: HNC Soft Tissue Therapy and GJ58 16: HND Sports Therapy
- ◆ GH07 15 and GH0F 16: HNC and HND Fitness, Health and Exercise

In addition, for session 2021–22, these interim arrangements will also apply to:

- ◆ GF4G 44 and G92G 45: NC at SCQF level 4 and NC at SCQF level 5 Sport and Fitness
- ◆ the Sports Sector National Units contained in locally devised NC at SCQF level 6 sports sector group awards
- ◆ all NPAs listed on the front page of this guidance

As a reminder to centres, an extract from the letter to centres of 11 October 2019 about the cut off scores that will apply in 2021–22:

Cut offs

‘... we are conscious of centres’ concerns on the current burden of assessment. While this will be addressed by unit revisions going forward, we feel that it would be appropriate to introduce cut off scores, to be applied to the units being delivered in this academic session. Our judgement is that a cut off score of 80% will allow students to demonstrate sufficient knowledge and understanding for the majority of units. This is in keeping with the previous iterations of courses and will fit with our intentions to be applied going forward.’

Where the evidence requirements in a unit specification stipulate a cut off less than 80%, the cut off for that unit should be maintained, and not increased to 80%.

Important information

- ◆ [Appendix 1](#): Skills Active — Issued guidance February 2021

Please read and familiarise yourself with this guidance before reading further.

Units and/or outcomes where conditions of assessment can or cannot be altered

Assessment requirements (mandatory)

For reasons of Critical Competence to the Group Award and/or Risk to Self and/or Others, the assessment requirements identified in the following unit specifications are mandatory and must not be altered.

Exercise and Fitness: Fixed Weight Training (F7JC 12)

No adaptation to evidence requirements is allowed in terms of equipment stipulated for Fixed Weight Training. For the summative assessment of outcome 4, performance evidence of practical application can be generated on **one** occasion, which is a reduction from two separate occasions. Practical assessment of outcome 4 must take place **face-to-face** with the assessor.

Where assessments can be altered, that is where no subject guidance is published to insist on closed-book conditions, centres can gather evidence for outcomes under open-book conditions where this is more practical for 2021–22. Examples of alternative assessment could be questions that have been answered and submitted by candidates in a given time period, an electronic presentation with questions and answers, case studies, professional discussions, viva voce examinations or a report. Centres must ensure that the revised assessment task(s) is of the same level of demand for the candidate as required by the original assessment requirements.

Additional guidance and information

Risk assessment

You should carefully consider if a candidate is at a stage where they can complete assessment safely. You should use and apply your centre's risk assessment policy prior to allowing candidates to carry out summative assessment remotely, out with your centre, in candidates' household or home, remote from the workplace or educational site.

Flexibility to adapt the assessment requirements

Alongside combined assessment, SQA will also offer centres the flexibility to adapt assessment requirements to reduce reliance on face-to-face assessment. We will identify (and communicate) specific qualifications or subject areas where Health and Safety, Licence to Practice or other particular limitations mean that it is not possible to offer flexibility. You should use professional judgement in collaboration with the wider course team and internal verifiers to agree additional and alternative opportunities for candidates to demonstrate their competence, knowledge and understanding through a range of reasonable and practicable alternative activities.

Where assessment requirements are adapted, you should consider any additional action required, on a risk-assessed basis, to confirm the authenticity of the candidate's work. You must ensure that the evidence on which the assessment decision is made belongs solely to the candidate being assessed — assessors are only able to make accurate assessment decisions if this is the case.

It is important that the security of existing secure closed-book assessment instruments is not compromised. You should adapt assessment requirements for centre-devised instruments of assessment in the first instance — you should not do so for SQA secure material without prior permission from SQA.

If you intend adapting a centre-devised instrument of assessment that has previously been submitted to SQA for prior verification, and is shared on the secure site, you must notify SQA by email: gvprior@sqa.org.uk.

Recommended approach to assessment

For the purposes of summative assessment, candidates may use 'clients' and participants from their educational setting, realistic workplace environment or household bubble(s). They may also use 'clients' and participants from their sports club and/or fitness club bubble(s).

A combined approach to practical assessment is encouraged to reduce client and/or participant footfall and avoid over assessment. Where evidence requirements within or across units can be covered through combined assessment, candidates may be able to show competence on fewer clients and/or occasions. Professional judgement, in collaboration with the wider course team and internal verifier(s), should be used to agree where any combining and/or integration of assessment is appropriate. Such decisions should be recorded and retained with the candidate evidence.

Depending on the knowledge and skills being assessed, you should use your professional judgement in determining the number of participants that would be appropriate for a candidate to demonstrate competence in a practical session, for example, one-to-one basis, small or large groups for coaching sessions.

Maintaining a record of formative assessment evidence as candidates move towards the point when they are assessment ready is encouraged. This evidence will not take the place of summative assessment evidence, but it may support summative assessment decisions.

Opportunities should be taken to adopt a combined approach when gathering written evidence. Such integration should be clear and where units of differing SCQF levels are being integrated it is important that evidence generated is at the appropriate SCQF level.

Environment and equipment

The following guidance excludes the unit specifications listed in the '[Units and/or outcomes where conditions of assessment can or cannot be altered](#)' section.

Environment

Where evidence requirements in a unit specification and/or an Assessment Support Pack (ASP) stipulate a summative assessment should take place in a particular environment, such as a gym, you may use your professional judgement when making changes to the environment to allow the assessment to take place. For example, it may be suitable to observe free weight demonstrations in an outdoor or home environment, instructing a group-based exercise session outdoors in the park.

Equipment

Where evidence requirements in a unit specification and/or an ASP stipulate the use of particular equipment, you may use your professional judgement when making changes to the equipment to allow the assessment to take place. For example, in assessing body composition it may be suitable to use alternative methods, such as callipers, both limb girths, waist-to-hip ratio, Body Mass Index (BMI) or bio-electrical impedance.

The use of appropriate free weight equipment is preferred however, alternatives can be used such as a broom handle to simulate a bar bell.

You should carefully consider if a candidate is at a stage where they can complete assessment safely. You should use your centre's risk assessment policy prior to allowing candidates to carry out summative assessment remotely, out with your centre.

For all centres, in whatever circumstances, the first duty is to deliver high quality learning and teaching, and to assess candidates in a way that is valid, reliable, practical, equitable and fair.

You should use professional judgement in collaboration with the wider course team and internal verifiers to agree where changes are appropriate. Where adaptation is made to the environment and/or equipment, for summative assessment purposes, you should record this,

including the reason for change, the different environment and/or equipment used, and retain it with the candidate evidence.

Further guidance and support

The sources below may provide you with further guidance and support:

- ◆ [sportscotland COVID-19 information and resources](#) including the COVID-19 Officer e-learning module. For assessors who are deploying candidates as coaches, we are working with sportscotland to develop a Getting Coaches Ready for Sport webinar. Information will follow when it is available.
- ◆ [Chartered Institute for the Management of Sport and Physical Activity](#) (CIMSPA)
- ◆ [Royal Life Saving Society](#) (RLSS)
- ◆ [First Aid Awarding Organisation Forum](#) has a COVID-19 information.
- ◆ sportscotland published [Guidance for Sports Governing Bodies, local partners, and further and higher education partners](#)
- ◆ [Scottish Disability Sport](#) (SDS) — from April 2021, SDS will have an e-learning module for college students to support their knowledge and understanding of sport and physical activity for participants with disabilities. They also have a UK Disability Inclusiveness training course, [an overview](#) is available on their website.

If you have any questions, please contact qualification.development@sqa.org.uk.

Specific adaptations to evidence requirements

Temporary adaptations have been made to the following unit specification evidence requirements. The table below provides a summary of adaptations with further, specific information provided on the following pages. If a unit specification is not included in this table, you must not alter the evidence requirements.

[Sport and Fitness \(GF4G 44\)](#)

*It is important that the security of existing secure closed-book assessment instruments is not compromised. You should adapt assessment requirements for centre-devised instruments of assessment in the first instance — you should **not** do so for SQA secure material without prior permission from SQA.

Unit title	Code	Adaptation	Reduction	Sampling
Exercise and Fitness: An Introduction	D682 10	All 'facility equipment' to be in line with personal context. Suitable alternative equipment should be considered where facility equipment is not accessible. During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the coaching session.	Evidence requirements reduced from three types of exercise to one providing all performance criteria are covered appropriately. The candidate should still experience the three different exercise types.	
Physical Education: Performance	DF2T 10	No change.		
Nutrition, Health and Wellbeing	H1MB 10	Candidates must demonstrate participation in an appropriate physical activity for a minimum of six hours.		

Unit title	Code	Adaptation	Reduction	Sampling
		<p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the coaching session.</p> <p>Gathering of evidence remotely and logging activity could come from an app, for example Strava, or a log of activity such as 'PE with Joe'.</p>		
Personal Development: Self and Work	H18P 44	Same as work placement evidence requirements, where on-line courses and a reflective account can be completed for achievement.		
Sporting Activity — Alpine Skiing	D709 10	<p>Outcome 1 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.</p> <p>Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.</p>		
Sporting Activity — Association Football	D712 10	During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the practical assessment.		Six skills required, sampling could be reduced to a minimum of three, selected at random by the assessor.

Unit title	Code	Adaptation	Reduction	Sampling
		<p>Active participation can be considered as a solo activity where candidates perform practice based on the desired skills in a suitable context.</p> <p>Outcome 2 — could be completed theoretically covering all parts of criteria.</p>		
Sporting Activity — Badminton	D713 10	<p>Where candidates cannot participate in badminton:</p> <p>Outcome 1 — could be completed by a performance analysis exercise on the desired techniques, in line with the criteria. Candidates should watch the skills and techniques of badminton and complete short-answer questions based on the criteria.</p> <p>Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.</p>		Six skills required, sampling could be reduced to a minimum of three, selected at random by the assessor.
Sporting Activity — Canoeing	D694 10	<p>Outcome 1 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.</p> <p>Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.</p>		
Sporting Activity — Indoor Football	D724 10	<p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient</p>		Six skills required, sampling could be reduced to a minimum of three, selected at random by the assessor.

Unit title	Code	Adaptation	Reduction	Sampling
		<p>lighting and audio to allow observation and communication during the coaching session.</p> <p>Active participation can be considered as a solo activity where candidates perform practice based on the desired skills in a suitable context.</p> <p>Outcome 2 — could be completed theoretically covering all parts of criteria.</p>		
Sporting Activity — Rugby Football	D737 10	<p>Outcome 1 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.</p> <p>Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.</p>		Six skills required, sampling could be reduced to a minimum of three, selected at random by the assessor.
Sporting Activity — Table Tennis	D730 10	<p>Where candidates cannot participate in table tennis:</p> <p>Outcome 1 — could be completed by a performance analysis exercise on the desired techniques in line with the criteria. Candidates should watch the skills and techniques of table tennis and complete short-answer questions based on the criteria.</p> <p>Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.</p>		Six skills required, sampling could be reduced to a minimum of three, selected at random by the assessor.
Sporting Activity — Trampolining	D704 10	<p>Outcome 1 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.</p>		

Unit title	Code	Adaptation	Reduction	Sampling
		Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.		
Sporting Activity — Volleyball	D735 10	Where candidates cannot participate in volleyball: Outcome 1 — could be completed by a performance analysis exercise on the desired techniques in line with the criteria. Candidates should watch the skills and techniques of volleyball and complete short-answer questions based on the criteria. Outcome 2 — could be completed theoretically removing the need for participation, while still covering all parts of criteria.		Six skills required, sampling could be reduced to a minimum of three, selected at random by the assessor.
Sporting Activity: Swimming	F82D 10	Outcome 2 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.	Reduced to four occasions providing all criteria are covered.	
Sporting Activity: Orienteering	F82C 10	Outcomes 2 to 4 — performance and evaluation — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.	Reduced to one occasion providing all criteria are covered.	
Sporting Activity: Mountain Biking	F82A 10	Outcomes 2 to 4 — performance and evaluation — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.	Reduced to one occasion providing all criteria are covered.	
Sporting Activity: Hillwalking	F828 10	Outcomes 2 to 4 — performance and evaluation — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.	Reduced to one occasion providing all criteria are covered.	

Unit title	Code	Adaptation	Reduction	Sampling
Sporting Activity: Climbing	F827 10	Outcomes 2 to 4 — performance and evaluation — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.	Reduced to one occasion providing all criteria are covered.	

NC Sport and Fitness (G92G 45)

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Unit title	Code	Adaptation	Reduction	Sampling
Contemporary Fitness and Exercise Training Methods: An Introduction	F40B 11	<p>Outcome 1 — *may be adapted to open-book assessment.</p> <p>Outcome 2 — follow case study under open-book conditions.</p> <p>Outcome 3 — during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the session.</p>		
Developing Leadership within Physical Activities	F40D 11	<p>Outcome 4 — during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the session.</p>	Session length could be reduced from 15 minutes to 10 minutes providing competence has been observed.	Sampling across the sections of the session would be appropriate to see competence across the whole process.

Unit title	Code	Adaptation	Reduction	Sampling
Human Anatomy, Physiology and Physical Activity	F40E 11	<p>Outcome 1 — *may be adapted to open-book assessment.</p> <p>Outcome 2 — *may be adapted to open-book assessment.</p> <p>Outcome 3 — *may be adapted to open-book assessment.</p>		
Nutrition, Health and Wellbeing	F40G 11	<p>Outcome 3 — stress management/relaxation techniques candidates could produce a log and reflective account of their participation in three different techniques.</p>		
Teamwork through Sport and Recreation Activities	F40A 11	<p>Outcome 1 — a virtual event could be planned.</p> <p>Outcome 2 — the practical aspect could be adapted into a scenario to cover the criteria of the outcome.</p> <p>Outcome 3 — PC (a) collect information on the activities: could relate to the activities carried out to plan the virtual event rather than the actual delivery of it.</p> <p>Outcome 3 — review the process carried out.</p>	The assessment must be conducted for a minimum of one planned session.	
Citizenship through Sport and Fitness Volunteering	F40C 11	<p>Outcome 3 — PC (c) and PC (d) could be covered via a case study where the candidate has to reflect on their potential involvement, contributions they would make and evaluate the intended impact this may have.</p>	Removal of the requirement to achieve 10 hours of volunteering.	
Countryside Recreation	D839 11	Acceptable level of participation refers to the involvement in the investigation and not countryside recreation activities.		

Unit title	Code	Adaptation	Reduction	Sampling
Health and Safety in the provision of Sporting Activities: An Introduction	D683 11	Where evidence from real situations is not available, evidence may be accepted in the form of case studies, simulations or role plays across all outcomes.		
Map Reading with Expedition Leadership	F40F 11	Outcomes 2 and 3 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.		
Residential Experience	D36M 11	Candidates could plan a virtual residential experience in line with criteria, case studies and short-answer questions could be used where actual involvement in the experience is not possible to show competence. Outcome 4 — evaluation could reflect on the virtual process and what involvement the candidate had, in line with the assessor report.		
Sport and recreation: An Introduction	F40L 11	Outcome 1 — *may be adapted to open-book assessment. Outcome 2 — no change. Outcome 3 — no change.		
Sports Development: An Introduction	F40H 11	Outcome 1 — *may be adapted to open-book assessment. Outcome 2 — no change. Outcome 3 — no change.		

Unit title	Code	Adaptation	Reduction	Sampling
Sports Injuries: Identification, Prevention and Treatment: An Introduction	F40J 11	<p>Outcomes 1 and 2 — *may be adapted to open-book assessment.</p> <p>Outcome 3 — risk assessment could be completed on a pre-recorded video of a facility and activity, then complete the relating questions.</p> <p>Outcome 4 — case study ok.</p>		
Sports Mechanics: An Introduction	F40K 11	<p>Outcome 1 — *may be adapted to open-book assessment.</p> <p>Outcome 2 — evidence requirements reduced.</p> <p>Outcome 3 — evidence requirements reduced.</p>	<p>Outcome 2 — reduce analysis and observation of techniques from two sports to a minimum of one.</p> <p>Outcome 3 — reduces evaluation to a minimum of one technical performance from two.</p>	
Sporting Activity Participation and Performance: Association Football Athletics Badminton Basketball Golf	F40P 11 F40R 11 F40S 11 F40T 11 F40X 11	<p>For all Sporting Activity Participation and Performance units where the candidate must show competent performance and will not put themselves or others at risk, they are able to use the adapted approach.</p> <p>Outcome 1 — no change.</p> <p>Outcome 2 — remove requirements of a minimum of 20 hours to a meaningful experience, which could</p>		

Unit title	Code	Adaptation	Reduction	Sampling
Handball Hockey Indoor Football Indoor Hockey Netball Short Tennis Squash Table Tennis Tennis Volleyball	F410 11 F412 11 F413 11 F414 11 F418 11 F41D 11 F41E 11 F41G 11 F41H 11 F41K 11	<p>include observation of performances in the sport or participation in development activities in relation to the sport.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p> <p>Outcome 3 — participation in a minimum of five sessions could be adapted to solo practice if participation in group activity is not possible. The five technical skills must be relevant to the sport and achievable to the candidate.</p>		
Sporting Activity Participation and Performance: Alpine Skiing Archery Canoeing Climbing Gymnastics Hill Walking Inland Kayaking Mountain Biking	F40M 11 F40N 11 F40V 11 F40W 11 F40Y 11 F411 11 F415 11 F417 11	<p>For all Sporting Activity Participation and Performance units where candidates may present risk to themselves or others by not participating in the activity to show competence, they are not able to use the adapted methods.</p>		

Unit title	Code	Adaptation	Reduction	Sampling
Orienteering Rugby Football Swimming Trampolining	F419 11 F41A 11 F41F 11 F41J 11			
Sports Officiating and Organising — Recreational: Association Football Athletics Badminton Basketball Golf Handball Hockey Indoor Football Indoor Hockey Netball Short Tennis Squash Table Tennis Tennis Volleyball	D809 11 D797 11 D810 11 D812 11 D818 11 D819 11 D820 11 D821 11 D817 11 D823 11 D828 11 D829 11 D826 11 D830 11 D831 11	<p>Outcome 1 — no change.</p> <p>Outcome 2 — performance evidence could be gathered via scenarios and case studies to show the candidate is able to apply the knowledge from Outcome 1 (in the context of the scenarios devised for Outcome 2).</p> <p>Outcome 3 — organisation and running of a tournament could be completed virtually via scenarios and case studies to illustrate the candidate has the knowledge to complete the process.</p>		
Sports Officiating and Organising — Recreational: Archery Gymnastics Orienteering Rugby Football Swimming	D832 11 D799 11 D825 11 D833 11 D788 11	<p>Outcome 1 — no change.</p> <p>Outcome 2 — performance evidence could be gathered via scenarios and case studies to show the candidate is able to apply the knowledge from outcome 1 (in context of the scenarios devised for outcome 2).</p>		

Unit title	Code	Adaptation	Reduction	Sampling
Trampolining	D801 11	Outcome 3 — where it is not safe for the candidate to perform the process virtually due to the inherent risk in the sport, they are not able to follow the adapted guidelines for achievement.		
Work Placement	HF88 45	<p>Outcome 1 — to gather evidence on a realistic work placement opportunity.</p> <p>The plan is to include how the candidate will engage in relevant CPD activity in relation to their career path. This will allow a review of progress to be carried out. The observation checklist could be used to record any additional activity the candidate has completed.</p> <p>Outcome 2 — could be an account of the CPD activity carried out in relation to the criteria of the outcome.</p> <p>Outcome 3 — could then be a reflective account on what has been planned and participated in to identify where development has been achieved, in line with the unit criteria.</p>		

NPA Sporting Events: Personal Best (G9V6 44)

Unit title	Code	Adaptation	Reduction	Sampling
Sporting Events: Volunteering	F999 10	No change.		
Sporting Events: Volunteering Experience	F99A 10	<p>Task 1 selection process could be adapted to scenarios based on roles identified and matched to own skills and abilities.</p> <p>Task 2 could determine organisational procedures and policies for health, safety and behaviour, and then be adapted to gather evidence in short-answer questions to allow candidates to show they have knowledge of what they should do when volunteering at an event. The requirement to volunteer for 20 hours has been removed.</p> <p>Task 3 would then be a review of the overall process carried out and identify current strengths and weaknesses.</p>		
Sporting Events: Equality and Diversity in Sport	F997 10	Role plays for gathering evidence.		
Sporting Events: Customer Care	F996 10	Role plays for gathering evidence.		
Sporting Events: Accidents and emergencies	F9E6 10	Role plays for gathering evidence.		
Sporting Events: Safety Awareness	F998 10	No change.		
Sporting Events: Conflict Resolution	F994 10	No change.		
Sporting Events: Volunteering Teams	F995 10	Task 2 could be delivered in a role play setting remotely to gather evidence of competence.		

[NPA Sport and Fitness: Individual Sports \(G9CG 45\)](#)

Unit title	Code	Adaptation	Reduction	Sampling
Sport and Fitness: Coaching Development	F6XD 11	<p>This unit could be delivered as case study/scenario based on a group of participants.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p> <p>Outcomes 1 and 5 — plan four sessions and deliver one session (following guidance).</p> <p>Outcome 2 — risk assessment could be completed based on scenario/images used to identify potential hazards or alternatively, risk assessment could be completed on their home environment or where delivery of sessions will take place.</p> <p>Outcome 3 — short-answer scenario questions for facility/equipment checks/setting up equipment for planned activity.</p> <p>Outcome 4 — short-answer questions/covered in sessions plans.</p> <p>Outcome 5 — four sessions planned, one session delivered, and 15-minute sample assessed.</p>		<p>Assessor can request a 15-minute sample of one of the four planned sessions ensuring minimum evidence is covered.</p>

Unit title	Code	Adaptation	Reduction	Sampling
		Outcome 6 — review 15-minute coaching session, evaluate good and bad of session in line with aims, good and bad of personal performance and suggest changes/adaptations for future sessions as part of review.		
Sports Officiating and Organising	Various	See pages 20 and 21.		
Sporting Activity Participation and Performance	Various	See pages 18 and 19.		

[NPA Sport and Fitness: Team Sports \(G9CJ 45\)](#)

Unit title	Code	Adaptation	Reduction	Sampling
<p>Sport and Fitness: Coaching Development</p>	F6XD 11	<p>Unit could be delivered as case study/scenario based on a group of participants.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p> <p>Outcomes 1 and 5 — plan four sessions and deliver one session (following guidance).</p> <p>Outcome 2 — risk assessment could be completed based on scenario/images used to identify potential hazards or alternatively, risk assessment could be completed on their home environment of where delivery of sessions will take place.</p> <p>Outcome 3 — short-answer scenario questions for facility/equipment checks/setting up equipment for planned activity.</p> <p>Outcome 4 — short-answer questions/covered in sessions plans.</p> <p>Outcome 5 — four sessions planned, one delivered, and a 15-minute sample assessed.</p>		<p>Assessor can request a 15-minute sample of one of the four planned sessions ensuring minimum evidence is covered.</p>

Unit title	Code	Adaptation	Reduction	Sampling
		Outcome 6 — review 15-minute coaching session, evaluate good and bad of session in line with aims, good and bad of personal performance and suggest changes/adaptations for future sessions as part of review.		
Sports Officiating and Organising	Various	See pages 20 and 21.		
Sporting Activity Participation and Performance	Various	See pages 18 and 19.		

[NPA Sport and Fitness: Outdoor Sports \(G9CH 45\)](#)

Unit title	Code	Adaptation	Reduction	Sampling
<p>Sport and Fitness: Coaching Development</p>	F6XD 11	<p>This unit could be delivered as case study/scenario based on a group of participants.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p> <p>Outcomes 1 and 5 — plan four sessions and deliver one session (following guidance).</p> <p>Outcome 2 — risk assessment could be completed based on scenario/images used to identify potential hazards or alternatively, risk assessment could be completed on their home environment or where delivery of sessions will take place.</p> <p>Outcome 3 — short-answer scenario questions for facility/equipment checks/setting up equipment for planned activity.</p> <p>Outcome 4 — short-answer questions/covered in sessions plans.</p> <p>Outcome 5 — four sessions planned, one session delivered, and a 15-minute sample assessed.</p>		<p>Assessor can request a 15-minute sample of one of the four planned sessions ensuring minimum evidence is covered.</p>

Unit title	Code	Adaptation	Reduction	Sampling
		Outcome 6 — review 15-minute coaching session, evaluate good and bad of session in line with aims, good and bad of personal performance and suggest changes/adaptations for future sessions as part of review.		
Sports Officiating and Organising	Various	See pages 20 and 21.		
Sporting Activity Participation and Performance	Various	See pages 18 and 19.		

[NPA Achieving Excellence in Sport \(G9G5 46\)](#)

Unit title	Code	Adaptation	Reduction	Sampling
Individual Performance in Sport: Code of Conduct	F79C 12	<p>Outcome 1 — PC (b) could be achieved by completing the two case studies that indicate candidate knowledge of the code of conduct of their sport.</p> <p>Naturally occurring evidence could be adapted to the candidate writing hypothetically.</p> <p>Outcome 2 — could be adapted to a case study or scenario approach, which gives the context of the chosen sport, while allowing the candidate to demonstrate knowledge in relation to the criteria of the outcome.</p>		
Individual Performance in Sport	F79D 12	<p>Outcome 1 — a relevant strength and conditioning programme could take place remotely, out with a candidate’s centre, while maintaining the candidate’s safety.</p> <p>Outcome 2 — the practice environment should include in a solo context and any practical assessment the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity. This adaptation is not suitable for sports that may put the candidate or others at risk by participating in a solo context remotely and away from a supervised environment.</p>	Reduce a season for the selected sport to a suitable period of time for the candidate to show development and competence.	

Unit title	Code	Adaptation	Reduction	Sampling
		<p>Outcome 3 — candidates need to participate in competitive games/event. If games are not permitted, then appropriate events could be used such as competitive aspects of training that replicate the demands of the game situation and are a step on from outcome 2 (solo practice).</p>		
<p>Individual Performance in Sport: Analysis and Evaluation</p>	<p>F79E 12</p>	<p>Outcome 1 — where candidates are unable to gather evidence of their own performance, a suitable substitute could be used that mirrors their role within their chosen sport, which will allow observation and analysis of that performance.</p> <p>Outcome 2 — if candidates are unable to complete this on themselves, they could use their role substitute used in outcome 1 to create short-, medium- and long-term improvement plans based on the observed performance.</p>	<p>Reduce a season for the selected sport to a suitable period of time for the candidate to gather evidence on their development, or to give a trend in performance of their role substitute.</p>	

[NPA Exercise and Fitness Leadership \(G9GC 46\)](#)

Three of five units must be completed to achieve the group award.

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Note: outcome 1 — PC (a) is the same across units F7JC 12, F7JD 12, F7JE 12 and F7JF 12. If passed once, this could be used to cross assess in other units.

Unit title	Code	Adaptation	Reduction	Sampling
Exercise and Fitness: Cardiovascular Training	F7JB 12	<p>Outcomes 1 to 3 — *may be adapted to open-book assessment.</p> <p>Outcome 4 — Cardiovascular training exercises on machines is not required. Cardiovascular Training methods including (but is not confined to: interval, fartlek, continuous). PC (a) should cover at least three different training methods.</p>	<p>Outcome 4 — reduced to gather evidence on a minimum of one occasion.</p>	
Exercise and Fitness: Fixed Weight Training	F7JC 12	<p>Outcomes 1 to 3 — *may be adapted to open-book assessment.</p> <p>Outcome 4 — practical assessment must take place face-to-face with the assessor.</p> <p>Candidates must be able to demonstrate competent performance in using fixed weight equipment, substitute equipment is not appropriate due to possible health and safety factors.</p>	<p>Outcome 4 — reduce performance evidence to a minimum of one occasion providing competence is show across relevant criteria on first occasion.</p>	<p>A minimum of six fixed weight exercises should be demonstrated but assessors could sample a minimum of four to confirm competence.</p>

Unit title	Code	Adaptation	Reduction	Sampling
Exercise and Fitness: Free Weight Training	F7JD 12	<p>Outcomes 1 to 3 — *may be adapted to open-book assessment.</p> <p>Outcome 4 — during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p> <p>It is appropriate to adapt the practical assessment to allow completion of the exercises by using alternative equipment, providing it is safe to do so. The focus should be on safety and technique, while using alternative equipment to perform exercises.</p>	<p>Outcome 4 — reduce performance evidence to a minimum of one occasion providing competence is show across relevant criteria on first occasion.</p>	<p>A minimum of eight free weight exercises should be demonstrated but assessors could sample six.</p>
Exercise and Fitness: Circuit Training	F7JE 12	<p>Outcomes 1 and 2 — *may be adapted to open-book assessment.</p> <p>Outcome 3 – no change.</p> <p>Outcome 4 – during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p>		

Unit title	Code	Adaptation	Reduction	Sampling
		<p>Outcome 4 — if this is to be completed remotely, the candidate should ensure the environment is safe to perform exercise in and their plan is in line with their current capabilities.</p> <p>Outcome 4 — evaluation of performance will then relate to the practical carried out.</p>		
Exercise and Fitness: Exercise to Music	F7JF 12	<p>Outcomes 1 and 2 — *may be adapted to open-book assessment.</p> <p>Outcome 3 — no change.</p> <p>Outcome 4 — during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p> <p>Outcome 4 — if this is to be completed remotely, the candidate should ensure the environment is safe to perform exercise in and their plan is in line with their current capabilities.</p> <p>Outcome 4 — evaluation of performance will then relate to the practical carried out.</p>		

[NPA Organising Volunteering Events in Sport \(G9GD 46\)](#)

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Unit title	Code	Adaptation	Reduction	Sampling
Sport and Recreation: Developing Volunteering	F7JG 12	<p>Outcome 1 — *may be adapted to open-book assessment.</p> <p>Outcome 2 — no change</p> <p>Outcome 3 — *may be adapted to open-book assessment.</p> <p>Outcome 4 — removal of 30 hours required participation in volunteering. Adapt assessment to engagement in meaningful volunteering opportunities, remotely or virtually.</p> <p>Outcome 4 — PC (a) candidates could provide evidence of where they could volunteer.</p> <p>Outcome 4 — PC (b) candidates could evaluate the desired impact this would have on their overall development.</p>		
Event Organisation	F3PN 12	<p>Outcome 1 — planning of the event could be delivered in a virtual sense, where the event involves the class and peer group if it is not possible to facilitate any events due to the current situation.</p> <p>Outcome 1 — the process of planning could be shaped in such a way to allow candidates to run a series of mini virtual events with their own class to show competence in the overall process.</p> <p>Outcome 2 — this would then be in relation to the candidate roles carried out within the virtual event.</p> <p>Outcome 3 — candidates would evaluate the process.</p>		

[NPA Sports Development \(G9GF 46\)](#)

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Unit title	Code	Adaptation	Reduction	Sampling
Sports: Activity and Participation Opportunities in the Community	F7JL 12	<p>Outcome 1 — *may be adapted to open-book assessment for candidates to gather information required to show competence across criteria. Remove the requirement for participation in selected roles on at least 10 occasions as this does not appear in outcome 1.</p> <p>Outcome 2 — may be adapted for the candidate to log CPD activities they have participated in, to assist their ability to effectively engage in community activity in line with outcome 1 roles identified, if they are unable to actually participate in person.</p> <p>Outcome 3 — no change.</p>		
Sports: Investigate Activity Development Opportunities in an Organisation	F7JM 12	No change.		

Skills for Work: Sport and Recreation (C219 74)

Unit title	Code	Adaptation	Reduction	Sampling
Sport and Recreation: Personal Fitness	J15R 74	<p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the coaching session.</p> <p>Candidates should use and select fitness tests that can be completed remotely with limited access to equipment.</p> <p>Gathering of evidence remotely, logging activity, evidence from an app, such as Strava.</p>		
Sport and Recreation: Dealing with Accidents and Emergencies	J15M 74	<p>The short-answer test could be adapted to an open-book short-answer test, providing the questions have been revised in line with the criteria and not a copy of the ASP.</p>	<p>The ASP for this unit contains a short-answer test (20-minute duration).</p> <p>Also sample role play scenarios and report form templates.</p> <p>Providing the questions or four role plays cover all</p>	

Unit title	Code	Adaptation	Reduction	Sampling
			the criteria, either one can be selected to gather evidence.	
Sport and Recreation: Assist with Activity Sessions	J15E 74	<p>Plans can be completed in context as normal.</p> <p>Outcome 2 — practical assessment for ‘assist with activity sessions’ could be adapted to short-answer questions to cover all parts of the criteria, showing the candidate understands the processes involved.</p> <p>The review can be completed as a reflective account of any coaching activity the candidate has been involved in, ensuring all criteria are covered.</p>	A minimum of one activity should be covered in the reflective account, either group or individual session.	
Sport and Recreation: Skills for Employment	J15J 74	<p>Outcomes 1 and 2 — could be short-answer questions or scenarios.</p> <p>Outcome 3 — could be completed within the peer group in relation to self-reflection of working relationships while at college.</p>		A minimum of two customer interactions for outcome 1 and outcome 2 — activities for outcome 2 reduced to one set of questions or scenario to show competence across all criteria.

Unit title	Code	Adaptation	Reduction	Sampling
Sport and Recreation: Dealing with Facilities and Equipment	J15F 74	<p>Outcomes 1 and 2 — images of good and poor condition equipment and storage facilities with supplementary questions could be used to gather evidence.</p> <p>Outcome 3 — could be achieved via a scenario following current health and safety guidelines to cover all criteria.</p>		

Skills for Work: Sport and Recreation (C219 75)

Unit title	Code	Adaptation	Reduction	Sampling
Sport and Recreation: Assist with a Component of Activity Sessions	J16H 75	<p>Outcome 1 — no change.</p> <p>Outcome 2 — could be adapted to a scenario approach, with short-answer questions to replicate the level of assistance the candidate would have in an activity session.</p> <p>Outcome 3 — no change.</p> <p>Outcome 4 — review would then focus on performance within the scenario in relation to the outcome criteria.</p>		
Sport and Recreation: Employment Opportunities in the Sport and Recreation Industry	J16J 75	No change.		
Sport and Recreation: Assist with Fitness Programming	J16L 75	This unit could be achieved by allowing individuals to perform appropriate tests remotely, and then swap and share data within their peer group. Candidates could also use themselves as the 'client' and go through the process of planning, participating in and reviewing the process carried out.		
Sport and Recreation: Assist with Daily Centre Duties	J16N 75	<p>Outcomes 1 and 2 — could be adapted to scenarios with supplementary questions to gather evidence in line with the outcome criteria, following current health and safety guidelines.</p> <p>Outcome 3 — could be achieved via a scenario with short-answer questions, to cover all criteria.</p>	Outcome 3 — reduction from three client interactions to one, following the outcome criteria.	

Freestanding units

Unit title	Code	Adaptation	Reduction	Sampling
Personal Wellbeing and Exercise	D0VF 11	Outcome 3 — candidates could produce a log and reflective account of their participation in physical activity sessions to promote personal wellbeing. Sessions can be completed virtually either instructor led or pre-recorded.		
Exercise and Fitness — Gymnasium	D676 11	<p>Outcome 2 — performance evidence of effective participation in warm up and cool down activities can be recorded by the candidate, and submitted as evidence for review by assessor.</p> <p>Outcome 3 — PC (c) — safe and correct use appropriate personal and facility equipment can be substituted with suitable household objects to replicate correct technique, for example broom handle can act as barbell.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the exercise demonstrations.</p>		Assessor can select a sample of the video evidence to be submitted by each candidate, no requirement for full exercise session to be submitted.
Exercise and Fitness — Gymnasium	D676 12	<p>Outcomes 3 and 4 — performance evidence of participation in exercise programme can be submitted as video evidence.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting</p>		Assessor can select a sample of the video evidence to be submitted by each candidate, no requirement for full exercise

Unit title	Code	Adaptation	Reduction	Sampling
		and audio to allow observation and communication during the exercise demonstrations.		session to be submitted
Exercise and Fitness - Resistance Training	D678 12	<p>Outcomes 3 and 4 — performance evidence of participation in exercise programme can be submitted as video evidence.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the exercise demonstrations.</p>		Assessor can select a sample of the video evidence to be submitted by each candidate, no requirement for full exercise session to be submitted
Human Physiology in the Development of Performance	D681 12	<p>Outcome 4 — an eight-week training programme can be designed on a home-based workout.</p>	Training programme can be reduced from eight weeks to four weeks, but must cover the minimum evidence requirements.	
Sports Officiating: An Introduction	D686 10	<p>Outcome 1 — no change.</p> <p>Outcome 2 — performance evidence could be gathered via scenarios and case studies to show the candidate is able to apply the knowledge from outcome 1, in context of the scenarios devised for outcome 2.</p> <p>Outcome 3 — no change.</p>		

Unit title	Code	Adaptation	Reduction	Sampling
Leading Sporting Activities	D687 11	Assessors could have the candidates work in groups and complete the unit based on a scenario/case study. Outcome 6 — PC (b) and PC (c) — candidates can lead an activity virtually with their peer group to cover evidence requirements.		
Sports Officiating and Organising — Formal: Golf	D769 12	Outcome 2 — performance evidence could be gathered via scenarios and case studies to show the candidate is able to apply the knowledge from outcome 1, in context of the scenarios devised for outcome 2. Outcome 3 — organisation and running of a tournament could be completed virtually via scenarios and case studies, to illustrate the candidate has the knowledge to complete the process.		
Human Physiology in the Development of Personal Performance: An Introduction	D8XJ 11	Outcome 3 — during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the two exercises being demonstrated for two components of fitness appropriate to the candidate.		
Human Physiology in the Development of Performance: An Introduction	D9VG 11	Outcome 3 — during the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the two exercises being demonstrated for two components of fitness appropriate to the candidate.		

Unit title	Code	Adaptation	Reduction	Sampling
Working with Customers and Colleagues	DJ3W 10	<p>Outcomes 1 to 3 — could be adapted to scenario based/case study and or short-answer questions to ensure candidate has a good level of knowledge and understanding and meet the evidence requirements.</p> <p>Outcome 4 — feedback could be adapted to be from assessor or peer review to allow candidate to identify areas of improvement.</p> <p>Feedback could be adapted from co-worker. Line manager or mentor/trainer to classroom colleague/assessor.</p>	<p>Evidence of working with two of the following types of customers could be reduced to one:</p> <ul style="list-style-type: none"> ◆ adults ◆ children ◆ people with particular needs <p>Two of the following types of needs could be reduced to one:</p> <ul style="list-style-type: none"> ◆ help and support ◆ information and resources <p>Two of the following types of colleagues could be reduced to one:</p>	

Unit title	Code	Adaptation	Reduction	Sampling
			<ul style="list-style-type: none"> ◆ co-workers ◆ line manager ◆ mentor/trainer 	
Map Reading and Land Navigation	F5FH 11	<p>Outcome 2 — PC (b) and outcome 3 — PC (b) — use of a compass must be demonstrated to show candidate competency.</p> <p>Outcome 4 — safety concern over performance, the learner must participate in the sport and practical assessment cannot be adapted.</p>		
Fitness for the Army	F5FL 10	<p>Outcomes 1 to 3 — gathering of evidence remotely and logging activity could be a combination of candidate logbook and from an app, such as Strava/Runkeeper.</p> <p>Candidates must demonstrate safe running techniques from at least four of the listed techniques and show evidence of running the distance of 1.5 miles in the required time.</p>	<p>Demonstrate safe running techniques from at least four of the following:</p> <ul style="list-style-type: none"> ◆ trail running ◆ cross country ◆ road running ◆ multi terrain ◆ treadmill ◆ fartlek running ◆ hill running ◆ long distance running ◆ tempo training <p>This could be reduced to at</p>	

Unit title	Code	Adaptation	Reduction	Sampling
			least two from the above list.	
Sporting Activity: Athletics	F82E 10	No change.	Reduced to four occasions providing all criteria are covered.	
Exercise and Fitness: Resistance Training	HK4R 44	<p>Outcomes 1 to 3 — candidate logbook and assessor observation checklist is still a valid method for evidence.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p>	<p>Outcome 1 — evidence of participation is required to show that the candidate has taken part in minimum of ten resistance training exercises, this could be reduced to five.</p> <p>Outcome 2 — observation check list should be completed on at least three occasions for candidate participation in warmups and cool downs could</p>	

Unit title	Code	Adaptation	Reduction	Sampling
			be reduced to two.	
Exercise and Fitness: Circuit Training	HK4T 44	<p>Outcomes 1 to 3 — candidate logbook and assessor observation checklist still valid method for evidence.</p> <p>During the practical assessment, the candidate will either be observed directly/live by the assessor or the candidate may record their performance and submit this as evidence. Where performance evidence is observed remotely or is presented as pre-recorded digital evidence, it must be of good quality with sufficient lighting and audio to allow observation and communication during the activity.</p>	<p>Evidence could be reduced from participation in minimum of 10 circuit training sessions to five. Reduction from two different training environments to one.</p>	

Appendix 1



Skills Active – Issued guidance February 2021

Health and Safety guidance for the observation of assessment of performance for performance criteria and range within the learners'/candidates' household/home or remote from the learners/candidate's workplace/educational centre. Inclusive of live and pre-recorded evidence for assessment for active leisure/fitness.

In due consideration of the commitment to health and safety of all learners, clients, assessors, education providers/colleges/centres, employers, awarding organisations, Insurers, and regulators the following guidance has been developed for consideration and implementation in relation to:

Directly observed remote performance observations of assessments or range and pre-recorded evidence for assessment performed in a learners'/candidates' household/home or remote from the workplace/educational centre. Health and safety considerations:

- To Support health and safety Awarding organisations must be confident, confirm and evidence that education providers/colleges/centres must ensure any learner/candidate using any equipment or product off site remote from the workplace or education establishment (in the household where they live or outdoors) must have evidenced risk assessment. Awarding organisations must ensure that education providers/colleges/centres learners have evidenced knowledge of health and safety, safe working practices, relative and absolute contra-indications, COSHH and have access to material data sheets, for the storage, emergency actions and safe disposal of the products in scope.
- Awarding organisations must be confident that the remote direct observation technology is tested and sufficiently robust to ensure a continual live link for direct remote observation which must be carried out by an assessor who is occupationally competent and in a way that authenticates the performance as the learners/candidates own, as set out in the assessment strategy. All evidence gathered should be traceable, auditable, and authenticated with the relevant consent for all parties involved.
- Awarding organisations must be confident that any pre-recorded evidence submitted for assessment of performance criteria and performance range must be carried out by an assessor who is occupationally competent and in a way that authenticates the performance as the learners/candidates own, as set out in the assessment strategy. All evidence gathered should be traceable, auditable, and authenticated with the relevant consent for all parties involved.
- Education providers/colleges/centres must confirm and ensure that any learner/candidate using any equipment or product off site (in the household where they live or remote from the workplace/educational site) must have evidenced the relevant indemnity insurance that is valid for the activities and specialisms in scope.

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Restricted use of equipment, products and performance of activities, treatments and services not permitted for assessment of performance criteria and range in a learners'/candidates' own household/home or remote from the workplace or education centre:

- requiring the registration of a licence and/or disposal of sharps (blades, microneedles, epilation needles) or disposal of body fluids requiring a contaminated or clinical waste agreement
- advanced techniques – predominately level 3 soft tissue or remedial massage or electrical treatments
- any instructed activity that involves the utilisation of fixed weights
- any instructed activity that involves the use of cardiovascular machines
- any instructed activity or treatment involving the use of electrotherapy
- treatments/services that require the use of a product that are volatile, have a low flash point, due to lack of control in households of naked flames/smokers or ignition sources
- treatments/services that require the use of any chemical with the following hazardous classification symbols



Flammable



Toxic/Poison



Explosive



Corrosive

Joan Scott

Chair – Skills Active/Habia

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