



Optional assessment guidance 2023–24

This guidance is **optional**. You can use this guidance or deliver and assess as outlined in the group award specification.

Group award titles and codes:	HNC Fitness, Health and Exercise (GH07 15) HND Fitness, Health and Exercise (GH0F 16) PDA in Personal Training at SCQF Level 7 (GH02 47) HNC Soft Tissue Therapy (GH18 15) HND Sports Therapy (GJ58 16) HNC Coaching and Developing Sport (GD5R 15) HND Coaching and Developing Sport (GD7G 16)
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The approach you take **must** meet the:

- ◆ full evidence requirements for graded units
- ◆ national standards

Changes to conditions of assessment and/or evidence requirements

Cut off scores

The interim arrangement of 80% cut off for assessment will continue in 2023–24 for the following full group awards only:

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

As a reminder, read the following extract from the letter to centres of 11 October 2019:

‘... 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.'

Note: If the evidence requirements in a unit specification has a cut off score that is less than 80%, do not increase it to 80%.

Other changes

If a unit is not listed below, you must not alter the evidence requirements.

You **must not** adapt SQA's secure material without prior permission. It is important that you do not compromise any existing secure closed-book assessments, so you should try to adapt your own centre-devised assessments in the first instance.

HNC and HND Fitness, Health and Exercise (GH07 15 and GH0F 16)

PDA in Personal Training at SCQF Level 7 (GH02 47)

[Applied Exercise Prescription for Special Population Groups \(SCQF level 8\) H4T5 35](#)

Candidates must meet all practical related evidence requirements with the minimum of **one** client and/or population group. Once they have met these requirements, practical evidence is not needed for a second client, however, **planning** for **two** populations is still required (outcome 2). You can provide candidates with case study results to use for data analysis and programme development purposes.

Outcomes 2, 3 and 4

Candidates must use a minimum of **two** client and/or population groups for planning (Note: these can be cross-assessed with the graded unit or PDA). Candidates must instruct and evaluate the minimum of **six** of the 12 planned exercise sessions, for the special population groups, and submit evidence for all six sessions. Only **one** of the planned exercise sessions must be observed by the assessor.

During the practical assessment, candidates must either be observed directly, face-to-face by the assessor or the candidate can record their performance and submit this as evidence. If 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.

[Current Exercise Trends \(SCQF level 8\) H4T8 35](#)

Outcomes 2 to 4

Candidates must describe, analyse and evaluate **two** exercise trends. This includes describing the process of becoming qualified, and explaining the practicalities of organising, setting up and delivering a series of contemporary exercise sessions.

During the practical assessment, candidates can either be observed directly, face-to-face by the assessor or they can record their performance and submit this as evidence. If

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.

[Exercise Principles and Programming \(SCQF level 7\) H4TC 34](#)

Outcome 3

Candidates must cover all knowledge and skills from the unit specification in learning and teaching. They must apply a minimum of **two** testing protocols for each of the static and dynamic tests. You can use your discretion if you feel that more than two tests are required to demonstrate competence.

[Health Screening \(SCQF level 7\) H4TE 34](#)

During the practical assessment, candidates can either be observed directly, face-to-face by the assessor or they can record their performance and submit this as evidence. If 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.

[Plan, Teach and Evaluate Group Exercise Sessions \(SCQF level 7\) H4TH 34](#)

Outcome 1

Candidates must devise plans for sessions that last between 45–60 minutes. Assessors must observe a sample of a **minimum of 30 minutes**, incorporating warm-up, main session and cool down, and this must cover all knowledge and skills in the evidence requirements. You can use your discretion if you feel that more than 30 minutes is required to demonstrate competence.

Outcome 2

Candidates must teach a planned group exercise session to an inexperienced client group of at least **six participants**.

[Plan, Teach and Evaluate Group Exercise with Music Sessions \(SCQF level 7\) H4TJ 34](#)

Outcome 1

Candidates must devise plans for sessions that last between 45–60 minutes. Assessors must observe a sample of a **minimum of 30 minutes**, incorporating warm-up, main session and cool down, and this must cover all knowledge and skills in the evidence requirements. You can use your discretion if you feel that more than 30 minutes is required to demonstrate competence.

Outcome 2

Candidates must teach a planned group exercise session to an inexperienced client group of at least **six participants**.

[Deliver Personal Training Sessions \(SCQF level 7\) H1S4 34](#)

Outcome 4

Candidates must work with a minimum of **two** clients (one health and one fitness) for planning and practical assessment (these can be cross-assessed with the graded unit or special population groups). They must plan **12** sessions, deliver **six** and you must carry out a practical observation for **one** session for **each** client.

[Plan, Teach and Evaluate a Physical Activity Programme to Meet the Needs of Older Adults \(SCQF level 8\) H4TL 35](#)

Outcome 2

Candidates must conduct a **minimum of two** screening sessions for each of the following, based on equipment availability:

- ◆ Accurately conduct and record health assessments to include a minimum of resting heart rate, blood pressure, height, weight, BMI, body composition, waist-to-hip ratio, lung function, and postural type.
- ◆ Accurately conduct and record fitness assessments to include a minimum of aerobic fitness, upper body endurance/strength, lower body endurance/strength, agility, balance, upper body flexibility, and lower body flexibility.

Outcome 3

Candidates must plan and evaluate **six** exercise sessions for older adult groups and submit evidence for all six sessions. **One** of the planned **30-minute** exercise sessions must be observed by the assessor and must cover all knowledge and skills in the evidence requirements. You can use your discretion if you feel that more than 30 minutes is required to demonstrate competence.

[Managing Stress through Exercise and Therapy \(SCQF level 8\) DP2M 35](#)

Outcome 4

Candidates must produce practical evidence of a therapeutic or exercise-based stress management technique applied on **one** occasion and supported by **three** written treatment plans and evaluations.

[Strength and Conditioning: An Introduction \(SCQF level 7\) FW60 34](#)

Outcome 2

Candidates must complete a project over a period of at least six weeks, where they design a periodised strength and conditioning programme for **at least one** client. The programme must follow the principles of specificity and incorporate training methods to improve a **minimum of two** of the following:

- ◆ strength
- ◆ speed
- ◆ power
- ◆ endurance

Outcome 3

Candidates must provide evidence from across the key knowledge and/or skills by showing that they can demonstrate technical competency for **one** exercise for **each** of the following:

- ◆ strength
- ◆ power
- ◆ speed
- ◆ endurance

[Strength and Conditioning: An Introduction \(SCQF level 7\) J421 34](#)

Outcome 3

Candidates must provide evidence from across the knowledge and/or skills by showing that they can demonstrate technical competency for **one** strength and conditioning exercise for **each** of the following components:

- ◆ strength
- ◆ power
- ◆ speed and agility
- ◆ endurance
- ◆ mobility and flexibility

[Strength and Conditioning for Sports Performance \(SCQF level 8\) FX9T 35](#)

Outcome 2

Candidates must prepare, deliver and evaluate **two** sessions. Assessors must observe a sample of a minimum of **20 minutes** from **both** planned sessions and this must cover all knowledge and skills in the evidence requirements.

[Strength and Conditioning for Sports Performance \(SCQF level 8\) J42A 35](#)

Outcome 1

Candidates must prepare, deliver and evaluate **two** sessions. Assessors must observe a sample of a minimum of **20 minutes** from **both** planned sessions and this must cover all knowledge and skills in the evidence requirements.

HNC Soft Tissue Therapy (GH18 15)

HND Sports Therapy (GJ58 16)

[Prevention and Management of Sports Injury \(SCQF level 7\) H4Y1 34](#)

Outcome 1

For bullet points two and three, candidates only need to **‘explain’** rather than **‘demonstrate’**.

- ◆ Describe the procedure and use of SALTAPS (stop, ask, look, active movement, passive movement, strength) and PRICE (protection, rest, ice, compression, elevation) in the context of initial management of an injury.
- ◆ **Explain** the correct fitting and basic use of walking sticks, elbow or axillary crutches.
- ◆ **Explain** splinting an upper and lower body area so that an injured athlete may be transported to hospital.
- ◆ Briefly describe treatment modalities that sports therapists may use in rehabilitation (thermal therapy, hydrotherapy, electrotherapy, taping/strapping/bracing, exercise therapy, massage therapy, peripheral joint mobilisations).

Outcome 3

You can cover this outcome using a case study combining all outcomes.

[Clinical and Team Experience 1 \(SCQF level 8\) H4Y3 35](#)

Outcome 3

Clients **may** include those in each of the following categories:

- ◆ children (aged 9–12)
- ◆ adolescents (aged 13–18)
- ◆ male adults
- ◆ female adults
- ◆ client(s) with **pre-existing conditions**

[Clinical and Team Experience 2 \(SCQF level 8\) H71L 35](#)

Outcome 3

Clients **may** include those in each of the following categories:

- ◆ children (aged 9–12)
- ◆ adolescents (aged 13–18)
- ◆ male adults
- ◆ female adults
- ◆ client(s) with **pre-existing conditions**

You can find more information on [HNVQ delivery and assessment approaches for session 2023-24](#) on SQA's website.