

Certificate III in Fitness: Final Assessment (Video Submission Requirements)

As part of the assessment for your online course, you must submit a video covering the practical components of the course, and you must demonstrate competency in these skills. When completing this submission please adhere to the following points.

- It is essential that you **obtain written consent from the client / subject before completing the video taping** component, this written consent needs to be submitted in writing with your video submission (please see the attached consent form).
- You must conduct the video assessment task in a commercial gym (speak to your work placement providers for permission), **video assessments filmed at home will not be accepted** and will be returned to you unmarked.
- Video submission must be submitted on a USB or DVD.
- Filming can be of home video standard you do not need to have it professionally produced.
- You do not need to have close ups or zoom shots, keep the recording simple and clear. The emphasis must be on the overall picture of the student completing the task and giving a clear concise explanation.
- The video is a recording of **simulated** activities.
- Clearly identify (via a short introduction) yourself as the student and introduce what you are about to demonstrate.
- Once you have completed your assessment, please review all sections to identify whether the information reflects your current level of understanding. If you feel it does not reflect your knowledge film the sections again, as the assessor will assume that this is your final draft.
- Once you have produced the submission, watch it to make sure the sound and visual quality is acceptable. If the assessor cannot see or hear you, then it may affect your assessment outcome.
- Print your name and contact details clearly on the USB or DVD submission.
- Print and post the Health Questionnaire with the USB or DVD.
- PTA does not return submissions. They remain the property of PTA for RTO compliance purposes.
- If you are unsure about any aspect of the submission process please contact the PTA Education Manager via e-mail assessor@ptacademy.com.au or telephone 03 9516 8800.
- Please send the USB or DVD to:

128 Commercial Rd
Prahran VIC 3181
Australia
- The following outline reflects the content of the marking document, it is vital that you include all of these topics in your submission to be eligible to pass the final assessment.

CONSENT TO BE VIDEO RECORDED FOR ASSESSMENT PURPOSES

Client / Subject Name: _____

Student Name: _____

Date: _____

(Insert student name)....., will be videotaping required activities as partial assessment of Certificate III in Fitness

Only PTA Assessors will view the footage created. The results of this video will not used for any other purpose by PTA or for public display. If you consent to the recording of this assessment and viewing for student assessment purposes only please sign below.

I (name of client/subject).....have read and understand the information provided above. I give my permission to be a part of the recording and for the use of that recording as assessment based upon the conditions outlined above.

Client/Subject signature.....

Date.....

HEALTH / FITNESS ASSESSMENT

You need to complete the following tasks and have them filmed. To assist the assessor to mark your submission, your explanations should be short, precise and audible all vital areas you wish to describe should be visible at all times.

1. MEET AND GREET

This is a hypothetical meeting with the client as if they were meeting you for the first time and were about to undergo a fitness assessment having joined your gym. Approximate time for this assessment is two minutes.

Clearly show:

- Your introduction to the client
- Explain the purpose of the fitness assessment to the client
- Build rapport with the client

2. HEALTH QUESTIONNAIRE

Refer to the Health Assessment Questionnaire in the course documents section. Complete this document in full with your subject and return to PTA Global along with the submission of your video.

Clearly show:

- You are not required to film the full process
- You must film a brief summary of your client's health questionnaire
- Your exercises must reflect the goals and limitations of the clients' health questionnaire.

3. BLOOD PRESSURE TEST

To be completed in full using a blood pressure sphygmomanometer and stethoscope. Approximate time for this assessment is three minutes.

Clearly show:

- Application of the cuff with audio explanation
- Placement of the stethoscope
- Explain and demonstrate the Inflation of cuff
- Explain and demonstrate the deflation of cuff
- Explanation of the reading and results
- Explanation of Systolic and Diastolic blood pressure

4. GIRTH MEASUREMENT

Choose **two** of the following sites and complete an accurate girth measurement. Approximate time for this assessment is five minutes.

Chest	Waist	Hips
Thigh	Calf	Upper arm

Clearly show:

- How to find the correct location of the site
- Placement and reading of the tape
- Explanation of results

5. BODY COMPOSITION

Choose **three** of the following skin fold sites and complete the body fat assessment.
Approximate time for this assessment is eight minutes.

Bicep	subscapular	mid-thigh
triceps	supraspinale	calf

Clearly show:

- The correct location of the site and explain how to find that location
- The correct technique when grasping the skin fold and applying the callipers
- An explanation of what you are testing in a way that a client would understand.

6. QUEENS COLLEGE STEP TEST

Video located in *Fitness Testing Section* Approximate time for this assessment is eight minutes.

- Identify the equipment required then conduct the test (If you don't have the correct step height, use another but describe what you would use in real test)
- Calculate the estimated Vo2 max using the formula below
- Describe the score to the client

Downloadable version of metronome is available on:

http://www.programsdb.com/download/534/36810/Professional_Metronome.html

Men: VO2max (ml/kg/min) = 111.33 - 0.42 x heart rate (bpm) **(24 steps per minute)**

Women: VO2max (ml/kg/min) = 65.81 - 0.1847 x heart rate (bpm) **(22 steps per minute)**

A calculator is available to assist you to with the Queens College Step Test equation at:

<http://www.brianmac.co.uk/queens.htm>

7. FIVE REPETITION MAXIMUM STRENGTH TEST

Approximate time for this assessment is eight minutes.

Clearly show:

- Describe the test and the risks to the client
- Use the correct spotting technique to assist the client
- Conduct the test determine the weight for the five-repetition maximum for the person
- Using the table found in **clients and operations/Fitness Markers Part 1/ slide 18** to determine the estimated percentage of one repetition maximum.