

## Candidate Worksheet 3.7

### *Evaluation of a fitness session*

#### Pre-session

1. Did the session have clear aims? Y/N
2. Did you communicate these aims to the participants? Y/N
3. How did you start the session?
4. Was your warm-up appropriate to the fitness activities? Y/N

#### The session

5. Was the session challenging for the participants? Y/N
6. Were the activities laid out effectively? Y/N
7. How would you rate the difficulty of the activities? Light Medium Heavy
8. Did the session meet the expectations of the participants?

#### Your performance

9. Was your leadership style appropriate to the needs of the participants?
10. How did you motivate the participants?
11. Did you communicate effectively? Give evidence.
12. If you were to repeat the session, what would you change?