

CANDIDATE SIGN OFF AND DECLARATION OF AUTHENTICITY

PRACTICAL ASSESSMENT: ONLINE MATWORK AND SMALL APPARATUS

My signature below confirms the following: -

1. I have read the Assessment Guideline for this Program Area;
2. I choose to be assessed at this time, in the Program Area noted above;
3. I have kept a copy of this assessment for my own records;
4. I understand my Assessment will not be returned to me;
5. I declare that this Assessment is my own work and contains no material written by another person except where I have duly referenced. I am aware that making a false declaration may lead to a "Not Yet Competent" grade being given and/or a withdrawal of the qualification.

Student Name:

Student Signature:

Date:

SELF-REVIEW OF TEACHING DEMONSTRATION

Consider the following areas of competency and evaluate your performance.

DO YOU BELIEVE YOU WERE ABLE TO...	YES	NO
Demonstrate/ teach correct movement and breath pattern in execution of the exercises as requested from the repertoire?		
Demonstrate application of the core concepts in execution of the exercises?		
Demonstrate Self-Mastery of the exercises, as appropriate?		
Demonstrate a clear understanding of the exercise goal and application within the PIC System™?		
Demonstrate clear understanding in the application of progressions and regressions specific to clients?		
Demonstrate clear understanding in the application of the repertoire specific to client/s posture?		
Apply appropriate WHS measures in execution of the exercises?		

What do you feel you did well?

What do you think you could improve based on your performance?

How do you view your ability to execute the repertoire?

Please rate your performance on a scale of 1 – 10:

Please provide any additional feedback that you would like about this assessment task.

STUDENT DECLARATION

I _____ (full name) confirm that I have completed the Online Matwork and Small Apparatus Practical Assessment via digital submission as required for the Matwork and Small Apparatus course. I am aware that my Assessor will advise me of my outcome and provide feedback on my performance via email.

Signed:

Date: