

## Active Ageing for the Older Adult Assessment Procedures

These assessment procedures will operate during COVID 19 restrictions for the safety of students and class participants.

### On-Line Theory Assessment 1 hour: 40%

**Section A:** 20 MCQ questions, 20 minutes duration      **10%**

**Section B:** Mini Case Studies x 2, 40 minutes duration      **30%**

Students will be provided with a short scenario relating to older adults and exercise and will be required to answer 2 questions relating to each scenario.

### **Submission:** Between 10am 4<sup>th</sup> Dec and midnight 7<sup>th</sup> Dec 2020

Your Course Coordinator will send 2 x links to your UL email account, one for the MCQ and one for the Case Studies a few days before the 4<sup>th</sup> Dec and you may take the assessment at a time of your choice within the above parameters. Clear instructions will be provided on the email.

### Practical Assessment: 60%

Submission of 2 Practical classes on video      **2 x 30%**

**Participants:** A minimum of 2 participants is required in each class. These should be healthy adults between 40 and 60 yrs of age and need not be older adults. COVID 19 restrictions on 2m spacing should apply and it is envisaged that family members and close contacts only should be used.

The class may be located at home, in the garden or at another safe venue

**Class 1:** Suitable for Independent healthy older adults.

**Class 2:** Suitable for chair based users

Each video should be of 30 minutes activity session

- 5 minutes icebreakers/socialisers
- 5 minutes warm up
- 15 minutes main activity (CV + LME)
- 5 minute warm down and stretch

## **Criteria on which the video will be marked Screening -**

written, verbal.

In the case of the Warm Up, Main Activity and Warm Down the following criteria will be used:

### **A) Planning: Class Plans**

- Choice of content: what activity was chosen (circuits, mini games, ex to music - was it a relevant choice considering the number in the group, equipment available, age of the group, ability level
- Suitability: within the activity chosen – was it suitable for the age group? e.g: mini games, adapted dance routines etc
- Choice of music and BPM
- Equipment etc: was this adequate? Appropriate?

### **B) Class Management:**

- Organisation of environment, equipment and resources
- Safety – before, during and after.
- Use of Space
- Variety of content
- Positioning

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### **C) Instructional Skills:**

- Motivation/Enjoyment Factor
- Creativity
- Activity Level: Main activity phase should address some elements of CV/LME ex
- Intensity monitoring: adapted RPE,
- Teaching and Safety Points
- Observation / Correction and follow through
- Adaptation / Progression ○ Cueing – Visual / Verbal ○ Educational Content
- Voice Projection
- Feedback

**Although the participants used for the videos may not be older adults, they should be taught and cared for in a manner in which you would teach Older adults**

## Video Submission

1. You will be sent a Dropbox File Request link to your **UL e mail account**
2. Clicking on this will allow you to upload the assessment videos and accompanying files
3. They must be named in the format below. No other format is acceptable by the software
4. The link to the tutorial on taking, editing and submitting your videos will be of help here, ensure you watch it. <https://www.ncefelearning.com/video-editing%20-final/index.html>

### File Naming

The following file names must be used. **Do not** place your name in the filename. You will have the opportunity to enter your name during the upload process and this will attach itself to the filename. Duplication will make the filename too long for acceptance.

| Assessment Component                       | Files should be named as |
|--------------------------------------------|--------------------------|
| SS3051 Class Plan Independent Older adults | SS3051 CP Independent    |
| SS3051 Video of independent class          | SS3051 Video Independent |
| SS3051 Class Plan Mixed ability Seated     | SS3051 CP Seated         |
| SS3051 Video Mixed Ability Seated          | SS3051 Video Seated      |

**Final date for Submission of the above materials: 1<sup>st</sup> December 2020.**



