



Bachelor of Science  
in  
Exercise & Health Fitness

**Continuous Assessment (30%)  
Human Resource Management**

**Student Name:** \_\_\_\_\_

**UL ID No.** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Answer: All Questions**

**Instructions:** Please complete this worksheet in Calibri Font size 12, 1.5 line spacing. You must confine your answers to 600 words per question. Over-long and irrelevant answers will be penalised. Each question carries equal marks. **This worksheet must be submitted to [Christine.cross@ul.ie](mailto:Christine.cross@ul.ie) week 8 Friday 19<sup>th</sup> March 5pm**

Please include a separate page with your reference list.

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**Question 1**

You have been tasked with designing an induction/orientation programme to train your new 8 new employees before the fitness centre opens. How will you go about this and what will you cover? (10 marks)

**Question 2**

In your new leisure centre will you link performance to reward? Explain your answer. (10 marks)

**Question 3**

Your fitness centre has been open for 12 months and business is good. You have 2 full-time staff and 6 staff on zero-hours contracts. Suggest the most appropriate performance management approach that you will use to evaluate staff members. (10 marks)