

Module SS3013

Fit for Life-Lifestyle Management

Final Summative Assessments

COVID-19 Restrictions Version

The Final Summative Assessment for the NCEF Fit For Life Lifestyle Management Specialist Module is divided into two sections.

1. **An on-line Assessment:** This will be administered via a link sent to you in an e-mail by your course coordinator. The format will be similar to the Self-Assessment screens and the questions will come from all sections of the Module. There will be 20 questions and the duration for the assessment will be 20 minutes. An Automatic timer will be in use similar to self assessments, however, when you click 'Submit All' on completion the assessment will be sent to NCEF via e mail for correction. Available from 10am - 22nd April to Midnight 25th April 2021.
2. **Video Assessment:** The second part of the assessment will involve submission of 2 x videos containing the following:
(A video taking and editing tutorial is available at <https://www.ncefelearning.com/video-editing%20-final/index.html> Just ignore the last slide regarding naming the videos)
 - a. Two x 25 minute videos of you facilitating any 2 different topics from the following list:
 - i. Understanding your health
 - ii. Active living
 - iii. Healthy eating
 - iv. Positive weight management
 - v. Stress management
 - vi. Back care and bone health
 - b. **Due to the COVID-19 Restrictions, these classes will now be virtual. I.e. there will be no participants.**
 - c. **Some helpful guidelines**
 - i. Ensure the laptop /PC screen/projector/Flipchart is visible to the camera
 - ii. Conduct the class as if there were participants in front of you
 - iii. Use Brainstorming
 - iv. Give group, pair and individual tasks
 - v. Explain the tasks as if you were speaking to the class
 - vi. Move around the class as if to help or clarify questions or difficulties that individuals or groups may have.
 - vii. Summarise the class at the end going through the main points of the lesson.
 - d. The session **must include a Physical Activity session**
 - i. Conduct a physical activity session as if you had a group in front of you
 - ii. Demonstrate and give teaching points on the activity
 - iii. Give adaptations and progressions for the activity (if required)
 - e. You must also include your class plan for each video

Assessment Submission

On-line MCQ: Your course coordinator will send the link for the online MCQ to **your UL e mail account**. You will be notified well in advance of the dates when the assessment will be available and these will also be communicated to you in your Module 'Start Up' letter. You will also have an opportunity to take a 'Sample' on-line assessment to familiarize you with the structure and operation of the assessment.

Videos & Class Plans Submission

1. The videos & class plans must be submitted via the 'File Request' link to Dropbox which will be sent to your **UL e mail address** by your Course Coordinator 7-10 days prior to the submission date
2. This is the only form of submission acceptable and projects not submitted through this method will receive an NG /Fail Grade
3. The upload link will expire at the time and date the submission is due, therefore you should allow yourself plenty of time and upload a day or two in advance of the submission deadline
4. Please read the detailed instructions below on the correct method for uploading your assessment materials
5. The student should keep a copy as submitted originals will be kept on file

Assessment components

You have 4 pieces of work to submit in connection with your videos

1. A **video** of you facilitating 1 of the topics from the list on the previous page
2. A **class plan** for delivering that topic 1
3. A **video** of you facilitating a 2nd topic from the list on the previous page
4. A **class plan** for delivering that topic 2

Naming the Assessment Components

1. Assessment components must be named correctly in order for them to be **organised and sent for correction**
2. **The following filenames must be used, no other file names are acceptable**
3. DO NOT place your name, Student ID or any other word in the file name

Assessment Component	Filename
A Video of you delivering topic 1	SS3031-video1
A class plan for topic 1	SS3031-plan1
A video of you delivering topic 2	SS3031-video2
A class plan for topic 2	SS3031-plan2

Assessment Submission

1. You will receive an e mail from your Course Coordinator to your UL student e mail account a week to 10 days prior to the date of submission. Once you receive the link you may submit at anytime prior to the submission deadline.
2. When you click the link in the e mail it will open an 'Upload' panel
3. Click on the 'Choose from computer' button and navigate to where your Case Study is saved, click on it to highlight it and click 'Open' from the bottom of the Dialog box
4. This will bring you back to the Upload Panel, where you will your Case Study in a box and underneath it in blue a link to '+ Add another file'
5. Click this link and add your first video
6. Continue to click + Add another file until you have chosen the 4 videos
7. Enter your name and e mail address in the boxes provided
8. Then click upload
9. Depending on the size of your video files and the speed of your Internet connection this could take anything from 5 minutes to an hour, a progression is provided
10. The panel will tell you that your files have been successfully uploaded
11. You will also receive an automatic e mail from NCEF informing you that your submission has been successful.