

Active Ageing for the Older Adult Assessment Procedures

There are 3 parts to the assessment for this module

1. On-line theory assessment
2. Practical class-taking assessment
3. Work Experience report

1. On-Line Theory Assessment 1 hour: 30%

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

Section B: Mini Case Studies x 2, 40 minutes duration **20%**

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.

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 submission date and you may take the assessment at a time of your choice within the parameters. Clear instructions will be provided on the email.

2. Practical Assessment: 60%

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

Participants: A minimum of 4 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 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 a sportshall, 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

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.

3. Work Experience Report

10%

A: Observation:

Observe 1 Older Adult Activity session Write a critical evaluation of the class and submit in your work Experience report. Students should include the following information:

- i. Date/Venue
- ii. Time of the class
- iii. Approximate size of the class
- iv. Screening procedures used for the class

Students should reflect and write about each section of the class (Warm up, High Action Phase, Cool down) under the following headings.

- a. Was it effective?
- b. What was the instructor trying to achieve?
- c. What equipment (if any) was used?
- d. Organisation of the group
- e. Teaching and Safety Points
- f. Observation, correction and follow through
- g. Modifications that were given (if necessary) for individual needs

B: Teaching and Self-evaluation

Students will be required to plan, organise and teach 3 Active Ageing for the Older Adult Classes (20 minute activity sessions). Submit these 3 plans in your Work Placement Folder. Any two of these class plans can be adapted for use as plans for your Video Assessment submissions

(Blank Class Plan Templates are available for download on the E-hub website Lesson plans must be provided for each session to include details of

- Warm up
- Main / High Action Phase (CV + LME)
- Cool down

• Self-Evaluation Report

Students will be required to complete a self-evaluation report for **two** of the classes. Please submit in your **Work Placement Folder**. The following information should be included:

Section 1

- I. Date Venue
- II. Time of class
- III. Profile (age, number of participants etc)
- IV. Screening procedures

Any Changes you might make to the above and why.

Section 2

- I. 3 x Class Plans
- II. Rationale for the type of classes and exercises/activities selected

Section 3

- I. Evaluation of the class including:
 - a. Suitability of the structure, format and equipment used
 - b. Suitability of music (if used)
 - c. Effectiveness of the class
 - d. What changes if any will be made for the next class?

Section 4

- I. Evaluation of personal skills
 - a. Ability to explain teaching and safety points effectively
 - b. Ability to observe and successfully correct
 - c. Ability to adapt and modify for individual needs
 - d. What was good about your teaching skills and what would you need to work on?
 - e. Did you get any feedback and what methods did you use to encourage it?

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