

Observation report on programme delivery

Training Provider Name: 21st Century Personal Training School	EuropeActive Membership/ Centre Number:	Date: 1st March 2026
Country and venue: Sweden – Gothenburg – Fit4Fight Gym	Tutor Name: David Samuyiwa	
EuropeActive Discipline & Qualification Code: Personal Trainer (EQF Level 4)	Verifier Name: Pete Davies	
Start/end time of observation in Swedish timeline: 09:30hrs – 12:00hrs 12:45hrs – 15:30hrs	 Verifier Signature:	
Details of the teaching observed:		
09:30hrs – 12:00hrs – Case study and programme planning, theory based and the art of personal training		
12:45hrs – 15:30hrs – Programme development, delivery, planning and adaptation of a PT session		
Students (include any details that may have an impact on the programme delivery) Consider and make comment on the language being used for the programme delivery.		
Notes: The lesson was delivered face to face by David in English and Swedish. There were 12 students in attendance consisting of 4 males and 8 females.		
<u>Learning Environment</u>		
Size/layout of the room appropriate to stimulate learning?		
Adequate student/tutor resources to facilitate learning?		
Learning resources of sufficient/professional quality?		
Learning materials meet the needs to stimulate the students?		
Health and Safety requirements in place, including appropriate heating/light/ventilation?		
If observed were the students/tutor punctual and a register taken?		
Notes: The gym area and layout with the equipment was suitable for the delivery and practice of the exercises, both individually and in pairs/groups. The equipment was of a high standard and planned into the layout to minimise any potential risks, and before the lessons started. Preparation of the gym area was set up in advance of the days lessons and adapted to suit the type of delivery of the lesson throughout the day. All the students, attending for the day were punctual, both at the start of the day and on return from the midday lunch break.		

Planning & Delivery of session**Lesson plan in place with clear aims/objectives and consolidation methods?****Lesson plan accounted for different learning styles?****Tutor sequence and pitch the session appropriately for the students?****Session content in line with the required standards and syllabi?****Range of different learning methods used in line with the plan?****Students encouraged to participate and be engaged throughout the session?****Students encouraged to take responsibility for their learning?****Constructive feedback reinforced the learning experience?****Notes:**

David went through details of the putting a case study together for the client and involving programme planning. Culminating in advice on the art of personal training and giving various pointers when putting together a programme of exercise for the client, based on the case study consultation.

The lesson was pitched at the correct level for the students and in line with the required standards and to the planned syllabus. To ensure the students understanding of the lesson objectives, David frequently opened out all his questions to the group, rather than to individual students and gave constructive feedback where required.

Throughout the practical session, David recording notes on a whiteboard and providing evidence and rationale behind the decisions and where alternatives/adaptations can be made.

The sessions involved the students working in pairs and groups, planning and delivering an exercise programme in a set time limit, and in the process demonstrating their own personality to the client and providing the time for them, in communication, in coaching and eye contact.

Following a full discussion with the students, David ensured all were involved, including questions and discussions to establish the rationale behind the programme planning decisions. Notes were made and encouraged by David, feedback provided and examples of the benefits for using specific equipment for set exercises was given, resulting in an interactive session of benefit to the students.

The content of the lessons included recognised resistance training methods and their make-up, with the students then planning and delivering their resistance training methods with the other students working as clients in their pairs. The art of instructing and demonstrating exercises to and with the client, ensuring body language is appropriate and providing value in time and energy to the client was covered in detail by David.

Specific instructions by David on the handling of weights and ensuring minimal risks are taking when with the client in the gym, ensuring the client is not left alone with a piece of apparatus and/or weight. The art of demonstrating, the art of spotting, when it is right to spot, to provide 'hands on' assistance to the client, also covered in the lessons, including demonstrating exercises based on the principles of strength and conditioning.

The entire lesson was being video recorded/filmed.

Learning objectives**Learning evaluated/consolidated?****Students encouraged to self-assess own learning/work?**

Feedback given constructive and in relation to achieving the learning objectives?**Notes:**

The learning objectives on the subject of the practical exercise lifting techniques were covered during the lesson. David encouraged dialogue between the students that reinforced and reviewed their learning experience and knowledge. He encouraged student Q & A during the lesson and provided feedback and support where necessary.

Constructive feedback was provided to the students by David during the lesson, as well as an overview of the subject following the students completing their practical sessions in pairs and groups

Tutor Performance**Tutor was able to build effective working relationships with the students?****Creativity in teaching methods evident?****Tutor demonstrated good listening/questioning skills?****Tutor explained their ideas/subjects clearly?****Tutor showed commitment to progress and achievement of students?****Tutor demonstrated enthusiasm/persistence/energy when teaching?****Tutor demonstrated empathy/rapport/respect/fairness to students?****Notes:**

David was very comfortable in his tutor role, delivering and demonstrating the precise details of all the lifts in a very professional manner. He demonstrated a natural open ability to communicate with all the students both verbally and in his demonstrations. He was very clear and concise with his explanations of the very technical aspects of the lesson and in managing the timings of the sessions being practiced by the students.

David respected the students in the class and acknowledged them by their first names, which created a very strong working relationship with them.

David treated all the students fairly and in an empathic manner.

Overall notes:

David demonstrated a very professional attitude with his delivery of the lesson, showing a passion and energy in this subject to his class students, and with the ability to make the lesson entirely practically based and interactive, constantly providing extensive feedback from his own knowledge and experience of the more technical aspects of exercise lifts with weights.

Excellent communication in both English and Swedish languages and a willingness to engage with the students, made for a very good lesson from start to finish. Well done.

Action(red)/Development(blue) Points:

None