

## Observation report on programme delivery

<b>Training Provider Name: 21<sup>st</sup> Century Personal Training School</b>	<b>EuropeActive Membership/ Centre Number:</b>	<b>Date: 27<sup>th</sup> February 2026</b>
<b>Country and venue: Sweden – Gothenburg – Fit4Fight Gym</b>	<b>Tutor Name: David Samuyiwa</b>	
<b>EuropeActive Discipline &amp; Qualification Code: Personal Trainer (EQF Level 4)</b>	<b>Verifier Name: Pete Davies</b>	
<b>Start/end time of observation in Swedish timeline: 13:00hrs – 1530hrs</b>	 <b>Verifier Signature:</b>	
<b>Details of the teaching observed:</b>		
<b>The role of the Personal Trainer</b>		
<b>Students (include any details that may have an impact on the programme delivery)</b>		
<b>Consider and make comment on the language being used for the programme delivery.</b>		
<b>Notes:</b>		
The lesson was delivered face to face by David in English and Swedish. There were 13 students in attendance consisting of 5 males and 8 females		
<b><u>Learning Environment</u></b>		
<b>Size/layout of the room appropriate to stimulate learning?</b>		
<b>Adequate student/tutor resources to facilitate learning?</b>		
<b>Learning resources of sufficient/professional quality?</b>		
<b>Learning materials meet the needs to stimulate the students?</b>		
<b>Health and Safety requirements in place, including appropriate heating/light/ventilation?</b>		
<b>If observed were the students/tutor punctual and a register taken?</b>		
<b>Notes:</b>		
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 studio area was set up in advance of the days lessons and adapted to suit the type of delivery of the lesson throughout the day. The studio setting that was used for the lessons during this day, required certain restrictions on footwear to be adhered to by the course students and which were respected.		

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 provided practical demonstrations on measurement taking and recording of body fat figures in several body locations and in accordance with the standards and guidelines. He used students as models for this purpose. The class was then split up into pairs for more measurement taking practicing. The entire class was involved at all times, with David providing feedback, asking questions whilst observing the activity and engaging with all students in a respectful manner.

The practical activities included the calculating of the results and then following up with the next steps for the clients as part of the client consultation process.

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 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.

Following a full discussion with the students, David ensured all were involved, including questions and discussions to establish the rationale behind the results and recommendations. Notes were made and encouraged by David, feedback provided and examples of the benefits for the activities in respect of their clients and as part of the client consultation process in an interactive session.

Specific instructions by David on the art of demonstrating, the art of taking body fat measurements, depending on the client's sex, race, culture etc. when the clients involved require respect and empathy on this type of 'hands on' approach.

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**