

COURSE ACCREDITATION BOARD SAMPLE SESSION PLAN

ADD OR DELETE ROWS AS REQUIRED

The Session Plan lists the breakdown of workshop hours into topics plus the learning outcomes and how the learning outcome will be assessed. We require at least 2 methods of assessment for each learning outcome. A Summary of the course/workshop/module assessment is to be filled out on the Mapping Assessment and Delivery table.

Assessments can be:

1. Practical demonstration
2. Oral questions
3. Written questions
4. Workbook or Case Studies
5. An Assignment

TOTAL HOURS	PLACE HOURS HERE	Course/Module/ Unit	TYPE NAME OF COURSE/MODULE/ UNIT HERE	DAY	Which day this page refers to	of	Total days of course
HOURS OF THE KINESIOLOGY COMPONENT	PLACE HOURS HERE	HOURS OF OTHER COMPONENTS List component Eg A&P, Nutrition Communication, and hours	PLACE COMPONENT AND HOURS HERE				
General Equipment used throughout the course: State the equipment used. For example; Whiteboard and markers, Flipcharts, Massage tables, Chairs, Manual and Handout, Workbook, Music.							
Time	Topic	Details / Methods / Activities	Learning Outcomes (L) Assessment methods (A)	Specific equipment for the topic described			
Place time for commencing teaching the topic here	What is the topic that is going to be taught	Details: detail how the is topic going to be taught: Methods used to teach include but not restricted to: lecture, group activity, role play, discussion, multi-media eg podcast Activities include but not restricted to: feedback circles, physical movements, role play, question and answer, student presentation	ALL LEARNING OUTCOMES ARE REQUIRED TO BE ASSESSED Place the Learning Outcome here and the assessment method that is going to be used. Note: If there is not a learning outcome (eg for Introduction of the course/ housekeeping) then put 'not applicable'.	If there is a specific piece of equipment to be used for a particular learning outcome then place it in this column			

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Time	Topic	Details / Methods / Activities	Learning Outcomes (L) Assessment methods (A)	Specific equipment for the topic described
8.45	Register	Participants sign in	Not applicable	Sign In Sheet
9.00	Introduction	Welcome Housekeeping Activity: an opening circle where participants introduce themselves	Not applicable	
9.20	Overview of the course	Method: Lecture - To give participants an overview of the materials to be covered in the course	Not applicable	Course Manual Course Workbook Teaching Charts if applicable
9.30	Accurate Muscle Monitoring	Method: Lecture and demonstration 1. The definition of Muscle Monitoring 2. Accurate Muscle Monitoring Procedure	To explain the correct terminology of Muscle Monitoring (L) To be able to use the Muscle Monitoring Procedure Written and Practical (A)	
Break: 10.30 – 10.45				
Place time for next topic	What the topic is	How is the topic going to be taught:-	Learning Outcome and Assessment/s	List any specific equipment
Continue to fill out the template until all information is complete				
Lunch:				