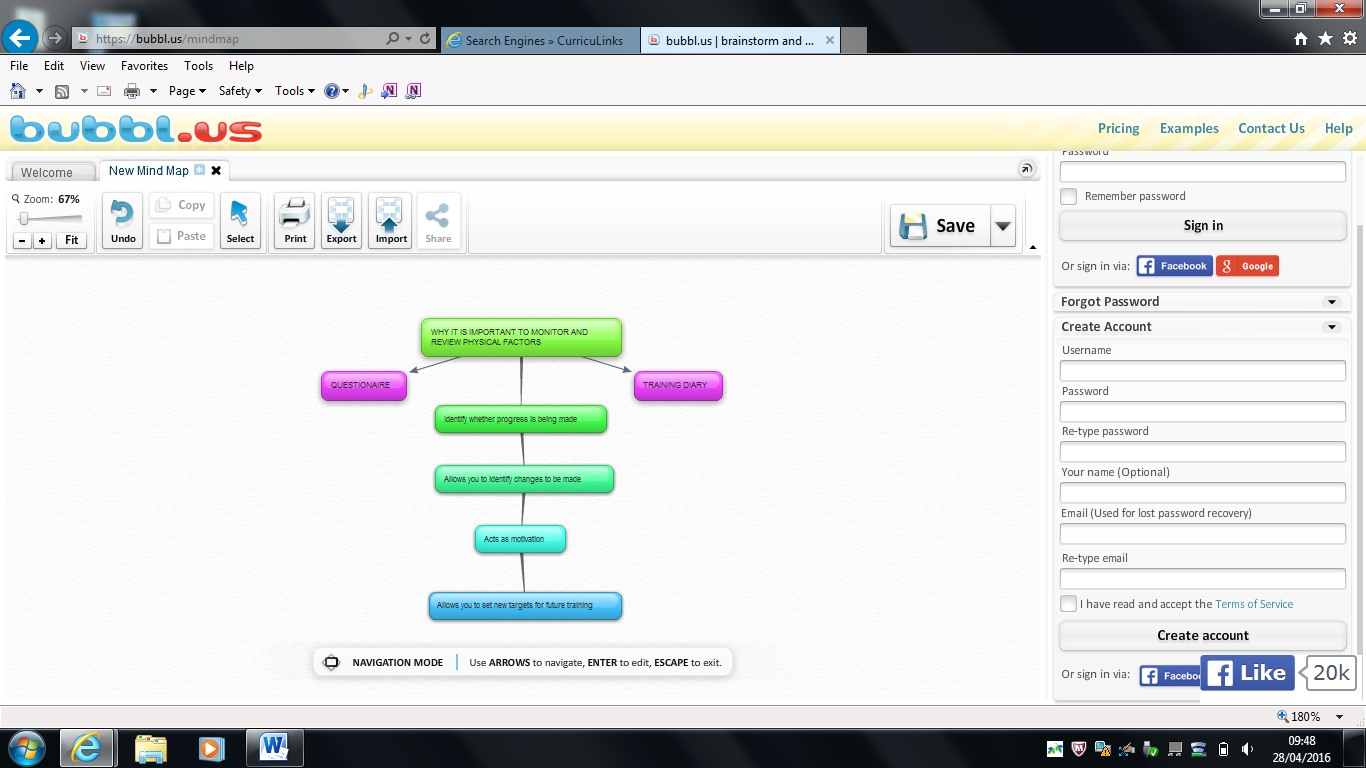
Recording, Monitoring and Evaluation of Performance Development.

7. A)

*Explain why it is important to monitor and review your programme of work to develop PHYSICAL factors impacting on performance.*



I monitored through the use of a training diary and by comparing information I received from a questionnaire throughout my personal development program. It is important to monitor to ensure that the training is effective and is working on what it was you set out to improve. Monitoring and getting quantitative scores throughout the training also gives you objective results which allows you to see whether progress is being made and targets are being met. Results from monitoring can also be compared to previous results and allows future targets and possible changes to our training programme to be made. Monitoring also acts as motivation, if you see improvements then you will want to improve further. Likewise, if there are not the improvements you would like, then you will be motivated to improve. Monitoring also allows you to set new targets for future training. For example, I was able to gain subjective information on whether the approaches I used to monitor my program were having a positive effect and this then allowed me to adapt or change parts of my program, so that I was always seeking to improve. By using these methods to monitor I was able to continually check progress and by having two forms of monitoring, I was able to make sure the information was more reliable, so that I could check this information against my goals.