



UNIVERSITY of LIMERICK  
O L L S C O I L L U I M N I G H

Bachelor of Science  
in  
Exercise & Health Fitness  
(Accredited by the University of Limerick)



Continuous Assessment (30%)  
Human Resource Management

Student Name: \_\_\_\_\_

UL ID No. \_\_\_\_\_

Date: \_\_\_\_\_

Answer: All Questions

Instructions: Please complete this worksheet in Calibri Font size 12, 1.5 line spacing. You must confine your answers to the space provided in the worksheet. Over-long and irrelevant answers will be penalised. Each question carries equal marks. This worksheet must be submitted to [Claire.Harnett@ul.ie](mailto:Claire.Harnett@ul.ie) by 10pm on Sunday March 5<sup>th</sup>.

Note: The context for questions 2 & 3 is the set-up phase of your new fitness centre.

---

**Question 1**

You have been tasked with designing a training and development programme to train your new employees before the fitness centre opens. How will you go about this and what will you cover? (10 marks)



**Question 2**

In your new leisure centre what approach to rewards would you consider most appropriate? Explain your choice. (10 marks)



**Question 3**

Your fitness centre has been open for 6 months and business is good. Suggest the most appropriate performance appraisal techniques that you would use to evaluate staff members. (10 marks)



