

## Fitness Alberta Group Exercise CERTIFICATION





				PHYSIQUE CANADA	
NAME:		DATE of ASSESSMENT:			
Address:		City:	Pi	rov:	
PCode:	Phone #	Email:			
Class Type & Level:		Assessment Location:			
		<del></del>			
	scale in the observation of the candic	late:			
0 = doesn't meet standar	d 1 = meets standard				
LEADERSHIP COMP	ONENT		SCORE	NOTES	_
			SCORE	NOTES	
	ess Alberta Certified Leader				
2. Arrives at least ten min	<i>'</i>				
3. Organized and prepare		son plan to assessor			
Flexible to group needs	ls clearly explained, gives a copy of les	ssoil high to assessoi			
	s possible, eye contact, constant obse	varion			_
	ills concise, timely, appropriate termin				
·		lology, cicarry ficara			
Visual presentation skills concise, timely     Motivational, encouraging, welcoming attitude conveyed					
10. Consistent safety pred					_
11. Participant feedback					_
12. Provides constructive					_
	ovements/sequences effectively brok	en down			_
	oup engagement (i.e., checking in, how				
	ning techniques (i.e. verbal, visual, der	• '			
16. Utilized adaptable tea	• ' ' '	,			
17. Gives permission, opt					
18. Evidence based educ	ation appropriate to scope of practice	provided to participants			_
SECTION 1 TOTAL — mus	st score at least 14/18 in this section to	o pass assessment			
			•		
WARM-UP COMPO	NENT		SCORE	NOTES	
1. Intensity/Time/Type ap	ppropriate for class type				
2. Participant intensity monitored (Heart Rate, RPE, Talk test)					
3. Active Range of Motion (ROM) for all joints AND major muscle groups					
3. Active Range of Motion	n (ROM) for all joints AND major musc	le groups			
	n (ROM) for all joints AND major musc large muscle groups included	le groups			
4. Rehearsal movements,		le groups			
<ul><li>4. Rehearsal movements,</li><li>5. Progression/flow of mo</li></ul>	large muscle groups included	le groups			
<ul><li>4. Rehearsal movements,</li><li>5. Progression/flow of mo</li><li>6. Progression of intensity</li></ul>	large muscle groups included overments appropriate for class type	le groups			
<ul><li>4. Rehearsal movements,</li><li>5. Progression/flow of mo</li><li>6. Progression of intensity</li><li>7. Postural alignment cue</li></ul>	large muscle groups included ovements appropriate for class type y appropriate for class type				
4. Rehearsal movements, 5. Progression/flow of mo 6. Progression of intensity 7. Postural alignment cue 8. Movement variations/a	large muscle groups included overments appropriate for class type y appropriate for class type is and safety precautions provided	s of participant ability			
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MUSCULAR CONDITIONING COMPONENT	SCORE	NOTES
Intensity/time/type appropriate for class and group		
2. Intensity checks appropriate (when, how)		
3. Appropriate resistance training applications applied		
(e.g. FITT, progressive overload, specificity, rest/recovery, cross training)		
4. Postural alignment cues given (neck, back, shoulder, hips, knees, ankles)		
5. Correct anatomical terminology for muscles used		
6. Correct breathing cues provided		
7. Proper use of space and set up		
8. Movement variations/alternatives provided to address levels of participant ability		
Safe/appropriate use of equipment described AND demonstrated		
10. Safe/appropriate technique described AND demonstrated		
11. Music phrasing, tempo, volume and mood appropriate for class		
12. Speed of execution appropriate/safe		
13. Balances R/L, agonist/antagonist		
14. Appropriate cool-down component (Intensity/Time/Type)		
SECTION 4 TOTAL — must score at least 11/14 in this section to pass assessment		
ELEVIDILITY/DELAVATION COMPONIENT	CCORE	NOTES
FLEXIBILITY/RELAXATION COMPONENT	SCORE	NOTES
Stretches address muscles used within class, postural imbalances		
Appropriate length of stretches given pool temperature		
3. Appropriate terminology used for muscles AND movements		
Postural alignment cues provided     Movement variations/alternatives provided to address levels of participant ability		
Movement variations/alternatives provided to address levels of participant ability     Music tempo, volume and mood appropriate for class		
7. Safe/appropriate use of equipment described AND demonstrated		
Safe/appropriate use of equipment described AND demonstrated     Safe/appropriate technique described AND demonstrated		
Sale/appropriate technique described AND demonstrated     Relaxation component provided		
Correct breathing cues provided		
ISECTION 5 TOTAL — must score at least 8/10 in this section to hass assessment		
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	SCORE	NOTES
AQUATIC EXERCISE SPECIFIC COMPONENT	SCORE	NOTES
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CARDIOVASCULAR SCORE =  Details:	<b>Duration</b> = mins				
Requires follow-up assessment? (circle one)  YES	NO				
MUSCLE CONDITIONING SCORE =  Details:	<b>Duration</b> = mins				
Requires follow-up assessment? (circle one) YES	NO				
FLEXIBILITY SCORE =  Details:	<b>Duration</b> = mins				
Requires follow-up assessment? (circle one)  YES	NO				
AQUATIC EXERCISE SPECIFIC SCORE =  Details:					
Requires follow-up assessment? (circle one) YES	NO				
PRACTICAL MULTIPLE CHOICE EXAM SCORE = Details:	/10				
Requires follow-up assessment? (circle one) YES	NO				
Additional comments					
Goals for the future:					
By signing this Assessment, I, as the Fitness Alberta Leader, do hereby attest that I have performed today with the full intention of providing a safe and effective exercise session/class to my participants, and in accordance with Fitness Alberta Performance Standards.  I accept the feedback as provided herein.					
Signature:	Date:				
Print name:					
By signing this Practical Assessment, I, as the Fitness Alberta	Trainer/Assistant Trainer-educator, do hereby accept and acknowledge that				
Fitness Alberta Leader verbal practical exam presented. (Please check the recomme	has met the practical exam standards via competency based assessment and indation/requirement based on this Assessment).				
Recommended for certification	Follow-up Assessment required				
Signature:	Date:				
Print name:					