



Fitness Alberta Group Exercise CERTIFICATION
AQUATIC EXERCISE PRACTICAL EXAMINATION



NAME: _____ DATE of ASSESSMENT: _____
 Address: _____ City: _____ Prov: _____
 PCode: _____ Phone # _____ Email: _____
 Class Type & Level: _____ Assessment Location: _____

Please use the following scale in the observation of the candidate:

0 = doesn't meet standard 1 = meets standard

| LEADERSHIP COMPONENT | SCORE | NOTES |
|--|-------|-------|
| 1. Introduced self as Fitness Alberta Certified Leader | | |
| 2. Arrives at least ten minutes early | | |
| 3. Organized and prepared | | |
| 4. Class format/level/goals clearly explained, gives a copy of lesson plan to assessor | | |
| 5. Flexible to group needs | | |
| 6. Faced group as much as possible, eye contact, constant observation | | |
| 7. Verbal presentation skills concise, timely, appropriate terminology, clearly heard | | |
| 8. Visual presentation skills concise, timely | | |
| 9. Motivational, encouraging, welcoming attitude conveyed | | |
| 10. Consistent safety precautions | | |
| 11. Participant feedback encouraged | | |
| 12. Provides constructive feedback | | |
| 13. Complex exercises/movements/sequences effectively broken down | | |
| 14. Appropriate class/group engagement (i.e., checking in, how are we doing?) | | |
| 15. Utilized various teaching techniques (i.e. <i>verbal, visual, demonstration</i>) | | |
| 16. Utilized adaptable teaching techniques | | |
| 17. Gives permission, options | | |
| 18. Evidence based education appropriate to scope of practice provided to participants | | |
| SECTION 1 TOTAL — must score at least 14/18 in this section to pass assessment | | |

| WARM-UP COMPONENT | SCORE | NOTES |
|---|-------|-------|
| 1. Intensity/Time/Type appropriate 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 | | |
| 4. Rehearsal movements, large muscle groups included | | |
| 5. Progression/flow of movements appropriate for class type | | |
| 6. Progression of intensity appropriate for class type | | |
| 7. Postural alignment cues and safety precautions provided | | |
| 8. Movement variations/alternatives provided to address levels of participant ability | | |
| 9. Safe/appropriate use of equipment described AND demonstrated | | |
| 10. Safe/appropriate technique described AND demonstrated | | |
| 11. Music tempo, volume and mood appropriate for class type | | |
| SECTION 2 TOTAL — must score at least 9/11 in this section to pass assessment | | |

| CARDIOVASCULAR COMPONENT | SCORE | NOTES |
|---|-------|-------|
| 1. Intensity/Time/Type appropriate for class type | | |
| 2. Intensity checks appropriate (method, timing) | | |
| 3. Progression of movements appropriate for class type | | |
| 4. Movements safe, controlled | | |
| 5. Postural alignment cues provided | | |
| 6. Movement variations/alternatives provided to address levels of participant ability (e.g., <i>levers, planes, direction, tempo</i>) | | |
| 7. Music phrasing, tempo, volume and mood appropriate for class | | |
| 8. Appropriate variety of movements for class type | | |
| 9. Safe/appropriate use of equipment described AND demonstrated | | |
| 10. Safe/appropriate technique described AND demonstrated | | |
| 11. Appropriate flow of movements given to address varying levels of participant ability | | |
| 12. Appropriate cool-down component (Intensity/Time/Type) | | |
| SECTION 3 TOTAL — must score at least 9/12 in this section to pass assessment | | |

| MUSCULAR CONDITIONING COMPONENT | SCORE | NOTES |
|---|-------|-------|
| 1. Intensity/time/type appropriate for class and group | | |
| 2. Intensity checks appropriate (when, how) | | |
| 3. Appropriate resistance training applications applied <i>(e.g. FITT, progressive overload, specificity, rest/recovery, cross training)</i> | | |
| 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 | | |
| 9. 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 | | |

| FLEXIBILITY/RELAXATION COMPONENT | SCORE | NOTES |
|---|-------|-------|
| 1. Stretches address muscles used within class, postural imbalances | | |
| 2. Appropriate length of stretches given pool temperature | | |
| 3. Appropriate terminology used for muscles AND movements | | |
| 4. Postural alignment cues provided | | |
| 5. Movement variations/alternatives provided to address levels of participant ability | | |
| 6. Music tempo, volume and mood appropriate for class | | |
| 7. Safe/appropriate use of equipment described AND demonstrated | | |
| 8. Safe/appropriate technique described AND demonstrated | | |
| 9. Relaxation component provided | | |
| 10. Correct breathing cues provided | | |
| SECTION 5 TOTAL — must score at least 8/10 in this section to pass assessment | | |

| AQUATIC EXERCISE SPECIFIC COMPONENT | SCORE | NOTES |
|--|-------|-------|
| 1. Appropriate footwear, clothing worn | | |
| 2. Appropriate use of water principles in intensity modifications <i>(e.g., resistance, turbulence, buoyancy, hand shape, lever length)</i> | | |
| 3. Demonstrates an understanding of thermoregulation in water | | |
| 4. Personal safety guidelines followed (e.g., safe use of mat, chair, railing, movements) | | |
| 5. Pool safety guidelines followed e.g., ID non swimmer or water shy, describes deep end, emergency meds on deck | | |
| 6. Effectively uses deck and/or in water teaching based on class needs | | |
| 7. Appropriate travel patterns for group and pool | | |
| SECTION 6 TOTAL — must score at least 6/7 in this section to pass assessment | | |

Please provide details and final tallies for each Assessment area

LEADERSHIP SCORE = _____

Details: _____

Requires follow-up assessment? (circle one) YES NO

WARM-UP SCORE = _____ **Duration =** _____ mins

Details: _____

Requires follow-up assessment? (circle one) YES NO

CARDIOVASCULAR SCORE = _____

Duration = _____ mins

Details: _____

Requires follow-up assessment? (circle one)

YES

NO

MUSCLE CONDITIONING SCORE = _____

Duration = _____ mins

Details: _____

Requires follow-up assessment? (circle one)

YES

NO

FLEXIBILITY SCORE = _____

Duration = _____ mins

Details: _____

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 = _____ /10

Details: _____

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 _____ has met the practical exam standards via competency based assessment and verbal practical exam presented. (Please check the recommendation/requirement based on this Assessment).

Recommended for certification

Follow-up Assessment required

Signature: _____ Date: _____

Print name: _____