



Fitness Alberta Group Exercise CERTIFICATION
INDOOR CYCLE 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 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. Cycle postural alignment cues provided | | |
| 6. Movement variations/alternatives provided to address levels of participant ability | | |
| 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 to address varying levels of participant ability | | |
| 12. Appropriate amount of recovery between drills | | |
| 13. Appropriate cool-down component (Intensity/Time/Type) | | |
| SECTION 3 TOTAL — must score at least 10/13 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 (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 | | |
| 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. Static stretches held for minimum 10 - 30 seconds | | |
| 3. Appropriate terminology used for muscles AND body positions | | |
| 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. Correct breathing cues provided | | |
| SECTION 5 TOTAL — must score at least 7/9 in this section to pass assessment | | |

| CYCLE SPECIFIC COMPONENT | SCORE | NOTES |
|--|-------|-------|
| 1. Appropriate bike set up for all | | |
| 2. Variety of drills - standing vs. sitting, aerobic vs. anaerobic, short vs. long | | |
| 3. Safe pedal technique described AND demonstrated - appropriate cadence, speed | | |
| 4. Hand and body positions properly described AND demonstrated | | |
| 5. Previews each drill by describing length, intensity, intention, goal | | |
| SECTION 6 TOTAL — must score at least 4/5 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

CYCLE 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: _____