

## Fitness Alberta Group Exercise RECERTIFICATION



Group Conditioning PRACTICAL ASSESSMENT

NAME:	DATE of ASSESSMENT:		
Address:	City:	P	Prov:
PCode: Phone #	Email:	<del></del>	
Class Type & Level:	Assessment Location:		
	<del></del>		
Please use the following scale in the observation of the Lea	der:		
1 = needs improvement 2 = good 3 = very good 4 = excelle	nt		
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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/program format/level/goals clearly explained, lesso	n plan given to assessor		
5. Flexible to group/individual needs			
6. Faced group as much as possible, eye contact, constant o	bservation		
7. Verbal presentation skills concise, timely, appropriate term	minology, 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 br	oken down		
14. Appropriate class/group engagement (i.e., checking in, l			
15. Utilized various teaching techniques (i.e. verbal, visual,	demonstration )		
16. Utilized adaptable teaching techniques			
17. Gives permission, options			
18. Evidence based education appropriate to scope of pract			
SECTION 1 TOTAL — must score at least 47/72 in this section	n to pass assessment		
WARM-UP COMPONENT		SCORE	NOTES
1. Intensity/Time/Type appropriate for class type		SCORE	NOTES
Intensity/Time/Type appropriate for class type     Participant intensity monitored (Heart Rate, RPE, Talk test)		SCORE	NOTES
Intensity/Time/Type appropriate for class type     Participant intensity monitored (Heart Rate, RPE, Talk test)     Active Range of Motion (ROM) for all joints AND major me	uscle groups	SCORE	NOTES
Intensity/Time/Type appropriate for class type     Participant intensity monitored (Heart Rate, RPE, Talk test)     Active Range of Motion (ROM) for all joints AND major multiple.     Rehearsal movements performed based on equipment/go	uscle groups pals/class structure	SCORE	NOTES
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MUSCULAR CONDITIONING COMPONENT	-		SCORE	NOTES
Intensity/time/type appropriate for class and grou		ning, etc.)		
Intensity checks appropriate (when, how)	p (			
3. Appropriate Resistance Training applications appli	ed			
(e.g. FITT, progressive overload, specificity, rest/red				
4. Postural alignment cues given (neck, back, shoulde				
5. Correct anatomical and movement terminology us	ed			
6. Correct breathing cues provided				
7. Proper use of space and set up				
8. Movement variations/alternatives provided to add	Iress levels of participa	ant ability		
9. Safe/appropriate use of equipment described AND	demonstrated			
10. Safe/appropriate technique described AND demo	nstrated			
11. Music tempo, volume and mood appropriate for o	class			
12. Speed of execution appropriate/safe				
13. Balances R/L, agonist/antagonist				
14. Flow of exercises appropriate for class type				
15. Appropriate cool-down component (Intensity/Tin	ne/Type)			
SECTION 4 TOTAL — must score at least 40/60 in this	section to pass assess	ment		
		*		
FLEXIBILITY/RELAXATION COMPONENT			SCORE	NOTES
Stretches incorporated muscles used within class				
2. Static stretches held for minimum 15 - 30 seconds				
Appropriate terminology used for muscles AND me	ovement terms			
Postural alignment cues provided	overnent terms			
Movement variations/alternatives provided to add	lress levels of narticina	ant ability		
Music tempo, volume and mood appropriate for classifications.		arre ability		
7. Safe/appropriate use of equipment described AND				
Safe/appropriate technique described AND demor				
9 Relaxation segment included	istrateu			
10. Correct breathing cues provided				
SECTION 5 TOTAL — must score at least 26/40 in this	section to pass assess	ment		
Please provide details and final tallies for each a  LEADERSHIP SCORE =  Details:	Assessment area.			
-				
Requires follow-up assessment? (circle one)	YES	NO		
requires follow up assessment: (citale one)	123	140		
WARM-UP SCORE = Details:		Duration =		_ mins
-				
Requires follow-up assessment? (circle one)	YES	NO		
CARDIOVASCULAR SCORE =  Details:		Duration =		_ mins
Requires follow-up assessment? (circle one)	YES	NO		
MUSCULAR CONDITIONING SCORE =  Details:	_	Duration =		_ mins
Requires follow-up assessment? (circle one)	YES	NO		
FLEXIBILITY SCORE =  Details:		Duration =		_ mins
Requires follow-up assessment? (circle one)	YES	NO		

Additional comments:	
Goals for the future:	
	o hereby attest that I have performed today with the full intention of rticipants, and in accordance with Fitness Alberta Performance Standards.
Signature:	Date:
Signature:  Print name:	
Print name:	
Print name:	 Trainer/Assistant Trainer-educator, do hereby accept and acknowledge that
Print name:	Trainer/Assistant Trainer-educator, do hereby accept and acknowledge that has met the practical exam standards via competency based assessment.
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