



**Fitness Alberta Group Exercise RECERTIFICATION
OLDER ADULT PRACTICAL ASSESSMENT**



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 Leader:

1 = needs improvement 2 = good 3 = very good 4 = excellent

| 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. Encourages appropriate social interaction | | |
| 16. Utilized various teaching techniques (i.e. <i>verbal, visual, demonstration</i>) | | |
| 17. Utilized adaptable teaching techniques | | |
| 18. Gives permission, options | | |
| 19. Evidence based education appropriate to scope of practice provided to participants | | |
| SECTION 1 TOTAL — must score at least 50/76 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 28/44 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 | | |
| 7. Music phrasing, tempo, volume and mood appropriate | | |
| 8. Movements - variety, balance | | |
| 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 cool-down component (Intensity/Time/Type) | | |
| SECTION 3 TOTAL — must score at least 32/48 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 and movements 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 37/56 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 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 segment provided | | |
| 10. Correct breathing cues provided | | |
| SECTION 5 TOTAL — must score at least 26/40 in this section to pass assessment | | |

| OLDER ADULT SPECIFIC COMPONENT | SCORE | NOTES |
|---|--------------|--------------|
| 1. Balance activities included throughout the workout | | |
| 2. Inclusion of evidence based movements that enhance mobility | | |
| 3. Opportunities for participants to enhance movement self efficacy | | |
| 4. Targeted exercises for fine motor skills - hands, fingers, wrist | | |
| 5. Inclusion of functional movements or ADL's | | |
| 6. Mobilization of all major joints throughout | | |
| SECTION 6 TOTAL — must score at least 15/24 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

FLEXIBILITY SCORE = _____ Duration = _____ mins

Details: _____

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

OLDER ADULT SPECIFIC SCORE = _____

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. (Please check the recommendation/requirement based on this Assessment).

Recommended for certification Follow-up Assessment required

Signature: _____ Date: _____

Print name: _____