



**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 30/44 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 33/48 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 (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 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 16/24 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: \_\_\_\_\_