

# Island Fitness Council Older Adult Fitness Evaluation

Leader's Name:

Phone: (h)

Evaluation Date:

Address:

Phone: (w)

Evaluation Location:

<i>Warm-up</i>	<i>Comments</i>
◆ Locomotor Activity (8-12 mins)	
◆ Verbal introduction	
◆ R.O.M in mid-range	
◆ Upper body	
◆ Mid body (trunk)	
◆ Lower body	
◆ Stretch (dynamic or static)	
◆ Iliopsoas/quadriceps	
◆ Tibialis Anterior	
◆ Erector Spinae	
◆ Shoulders/Upper Back	
◆ Hamstrings	
◆ Gastrocnemius	
◆ Soleus	
<b>Mark: /12</b>	
<i>Cardiovascular Conditioning</i>	
◆ Gradual increase in intensity	
◆ Logical progression	
◆ Activities achieve cardio training effect	
◆ Arm work: safe, controlled, balanced	
◆ Foot work: safe, controlled, balanced	
◆ Performs proper absorption techniques for lower extremities	
◆ Intensity monitored using PE or Talk Test twice during the cardio conditioning component.	
◆ Variety (levers, planes, direction, tempo)	
◆ Avoids excessive repetition	
◆ Intensity appropriate	
◆ Options given	
◆ Aerobic cool down (3-5 minutes)	
<b>Mark: /12</b>	
<i>Muscular Conditioning</i>	<i>Comments</i>
◆ Functional Exercise	
◆ Balance activities	
◆ One additional muscle pair	
◆ No of repetitions	
◆ Intensity appropriate	
◆ Appropriate use of equipment	
◆ Options given	
◆ Technique safe and effective	
<b>Mark: /8</b>	
<i>Flexibility and Relaxation</i>	<i>Comments</i>
◆ Upper body stretches	
◆ Mid body stretches	
◆ Lower body stretches:	

◆ Iliopsoas/quadriceps		
◆ Tibialis anterior		
◆ Erector spinae		
◆ Hamstrings		
◆ Gastrocnemius		
◆ Soleus		
◆ Relaxation		
		<b>Mark: /9</b>

<b>Leadership</b>	<b>Comments</b>	
◆ Continuity of exercises		
◆ Flow of class components		
◆ Duration of components meets standards		
◆ Cueing: Verbal/Visual		
◆ Avoidance of high risk exercises		
◆ Previewing of complicated movements		
◆ Safety precautions		
◆ Correct alignment demonstrated		
◆ Uses combination of teaching techniques		
◆ Uses space safely		
◆ Interacts with class		
◆ Permission giving		
◆ Monitors entire group effectively		
◆ Encourages social interaction		
◆ Music: ◆ uses beat and/or phrase		
◆ appropriate tempo		
◆ appropriate volume		
◆ Music that is motivating creates positive mood		
		<b>Mark: /18</b>

<b>Personal</b>	<b>Comments</b>	
◆ Voice projected at appropriate level		
◆ Punctual and organized		
◆ Educational component		
◆ Approachable and encourages feedback		
◆ Positive attitude		
		<b>Mark: /5</b>

<b>Total:</b>	<b>/64</b>	<b>(Successful: 51/64, Re-evaluation: 50 and under)</b>
<b>Additional Comments:</b>		

**Leader Name (Print):**

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**Leader Signature:**

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**Evaluator Name (Print):**

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**Evaluator Signature:**

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