

# Personal Fitness Trainer Evaluation

*Island Fitness Council, 1216 Sand Cove Road, Saint John, NB E2M 5V8*

Leader's Name:

Address:

Phone: (h)

Phone: (w)

Evaluation Date:

Evaluation Location:

Certification

Re-certification

| <b>Pre-Session</b>                        | <b>Comments</b> |
|---|-----------------|
| ◆ Arrive on time                          |                 |
| ◆ Dress appropriately                     |                 |
| ◆ Meet and greet the participant          |                 |
| ◆ Hand in client file; includes:          |                 |
| ◆ Client profile                          |                 |
| ◆ PAR-Q                                   |                 |
| ◆ Health Screening/Lifestyle              |                 |
| ◆ Informed Consent or Waiver Administered |                 |
| ◆ Communicated agenda for the workout     | <b>Mark: /9</b> |
| <b>Cardiovascular Equipment</b>           | <b>Comments</b> |
| <b>Equipment Name:</b>                    |                 |
| ◆ Intro to Apparatus                      |                 |
| ◆ Describe                                |                 |
| ◆ Show                                    |                 |
| ◆ Coaching and Correcting                 |                 |
| <b>Equipment Name:</b>                    |                 |
| ◆ Intro to Apparatus                      |                 |
| ◆ Describe                                |                 |
| ◆ Show                                    |                 |
| ◆ Coaching and Correcting                 | <b>Mark: /8</b> |
| <b>Machines-Upper Body</b>                | <b>Comments</b> |
| <b>Exercise Name:</b>                     |                 |
| ◆ Intro to Exercise                       |                 |
| ◆ Describe                                |                 |
| ◆ Show                                    |                 |
| ◆ Coaching and Correcting                 |                 |
| <b>Exercise Name:</b>                     |                 |
| ◆ Intro to Exercise                       |                 |
| ◆ Describe                                |                 |
| ◆ Show                                    |                 |
| ◆ Coaching and Correcting                 | <b>Mark: /8</b> |
| <b>Machines-Lower Body</b>                | <b>Comments</b> |
| <b>Exercise Name:</b>                     |                 |
| ◆ Intro to Exercise                       |                 |
| ◆ Describe                                |                 |
| ◆ Show                                    |                 |
| ◆ Coaching and Correcting                 |                 |
| <b>Exercise Name:</b>                     |                 |
| ◆ Intro to Exercise                       |                 |
| ◆ Describe                                |                 |
| ◆ Show                                    |                 |
| ◆ Coaching and correcting                 | <b>Mark: /8</b> |

| <b>Strength Training: Other Modalities - Upper Body</b> | <b>Comments</b> |                 |
|---|-----------------|-----------------|
| <b>Exercise Name:</b>                                   |                 |                 |
| ◆ Intro to Exercise                                     |                 |                 |
| ◆ Describe  |                 |                 |
| ◆ Show  |                 |                 |
| ◆ Coaching and Correcting                               |                 |                 |
| ◆ Spotting  |                 |                 |
| <b>Exercise Name:</b>                                   |                 |                 |
| ◆ Intro to Exercise                                     |                 |                 |
| ◆ Describe  |                 |                 |
| ◆ Show  |                 |                 |
| ◆ Coaching and Correcting                               |                 |                 |
| ◆ Spotting  |                 |                 |
| <b>Mark: /10</b>  |                 |                 |
| <b>Strength Training: Other Modalities-Lower Body</b>   |                 | <b>Comments</b> |
| <b>Exercise Name:</b>                                   |                 |                 |
| ◆ Intro to Exercise                                     |                 |                 |
| ◆ Describe  |                 |                 |
| ◆ Show  |                 |                 |
| ◆ Coaching and Correcting                               |                 |                 |
| ◆ Spotting  |                 |                 |
| <b>Exercise Name:</b>                                   |                 |                 |
| ◆ Intro to Exercise                                     |                 |                 |
| ◆ Describe  |                 |                 |
| ◆ Show  |                 |                 |
| ◆ Coaching and Correcting                               |                 |                 |
| ◆ Spotting  |                 |                 |
| <b>Mark: /10</b>  |                 |                 |
| <b>Core Exercises</b>                                   | <b>Comments</b> |                 |
| <b>Exercise Name:</b>                                   |                 |                 |
| ◆ Intro to Exercise                                     |                 |                 |
| ◆ Describe  |                 |                 |
| ◆ Show  |                 |                 |
| ◆ Coaching and Correcting                               |                 |                 |
| ◆ Spotting  |                 |                 |
| <b>Exercise Name:</b>                                   |                 |                 |
| ◆ Intro to Exercise                                     |                 |                 |
| ◆ Describe  |                 |                 |
| ◆ Show  |                 |                 |
| ◆ Coaching and Correcting                               |                 |                 |
| ◆ Spotting  |                 |                 |
| <b>Mark: /10</b>  |                 |                 |

| <b>Flexibility</b>                      |  | <b>Comments</b> |
|---|--|-----------------|
| <b>Upper Body Stretch:</b>              |  |                 |
| ◆ Intro to Exercise                     |  |                 |
| ◆ Describe                              |  |                 |
| ◆ Show                                  |  |                 |
| ◆ Coaching and Correcting               |  |                 |
| <b>Lower Body Stretch:</b>              |  |                 |
| ◆ Intro to Exercise                     |  |                 |
| ◆ Describe                              |  |                 |
| ◆ Show                                  |  |                 |
| ◆ Coaching and Correcting               |  |                 |
| <b>Other:</b>                           |  |                 |
| ◆ Intro to Exercise                     |  |                 |
| ◆ Describe                              |  |                 |
| ◆ Show                                  |  |                 |
| ◆ Coaching and Correcting               |  |                 |
|   |  |                 |
| <b>Leadership &amp; Professionalism</b> |  | <b>Comments</b> |
| ◆ Eye Contact                           |  |                 |
| ◆ Clear and Concise                     |  |                 |
| ◆ Volume and Tone                       |  |                 |
| ◆ Acts in a confident and               |  |                 |
| ◆ Creates a comfortable                 |  |                 |
| ◆ Wrap up, re-cap, closure              |  |                 |
|   |  | <b>Mark: /6</b> |

**Total: /81 (Successful: 69/81, Re-evaluation: 68 and under)**

**Comments:**

**Leader Name (Print):**

\_\_\_\_\_

**Leader Signature:**

\_\_\_\_\_

**Evaluator Name (Print):**

\_\_\_\_\_

**Evaluator Signature:**

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