



IslandFitnessCouncil  
DEVELOPING ACTIVE LIVING LEADERS

## Resistance Training Evaluation

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

Instructor \_\_\_\_\_ Date \_\_\_\_\_ Time \_\_\_\_\_  
 Address \_\_\_\_\_ Postal Code \_\_\_\_\_  
 Phone(W) \_\_\_\_\_ (H) \_\_\_\_\_

| CONTENTS  | COMP | COMMENTS |
|---|------|----------|
| <b>PRE-SESSION CONDUCT</b>  |      |          |
| ◆ Arrive on time  |      |          |
| ◆ Dress appropriately   |      |          |
| ◆ Meet and greet the participant pleasantly   |      | /3       |
| <b>ORIENTATION</b>  |      |          |
| ◆ Provide a brief tour of facility  |      |          |
| ◆ Administer the PAR - Q  |      |          |
| ◆ Administer an informed consent form   |      |          |
| ◆ Establish an agenda for the workout   |      |          |
| ◆ Create a comfortable environment  |      | /5       |
| <b>WARM-UP</b>  |      |          |
| ◆ Explain purpose, appropriate intensity, and duration of cardiovascular activity                   |      |          |
| ◆ Include a discussion of stretches which target muscles/joints to be used in the following workout |      | /2       |
| <b>WORKOUT</b>  |      |          |
| ◆ Use a workout card  |      |          |
| ◆ Demonstrate proper use of equipment   |      |          |
| ◆ Discuss proper breathing  |      |          |
| ◆ Demonstrate how various equipment may be adjusted to suit the participant                         |      |          |
| ◆ Use effective and safe method for determining workload  |      |          |
| ◆ Use a method of cool down   |      |          |
| ◆ Implements proper spotting for participant  |      | /7       |
| <b>CARDIOVASCULAR</b>   |      |          |
| ◆ Explain various methods to monitor intensity  |      |          |
| ◆ Demonstrate proper use of equipment   |      |          |
| ◆ Provide a variety of options to match the participant's needs                                     |      | /3       |

| CONTENT   | COMP | COMMENTS |
|---|------|----------|
| <b>POST WORKOUT</b>   |      |          |
| ◆ Assess the participant's knowledge of the program                               |      |          |
| ◆ Inquire concerning the participant's feelings about the session and the program |      | /2       |
| <b>COMMUNICATION AND FEEDBACK</b>   |      |          |
| ◆ Give clear, complete and concise instructions using proper terminology          |      |          |
| ◆ Avoid information overload  |      |          |
| ◆ Emphasize points of concern and safety  |      |          |
| ◆ Smile, make eye contact, and act genuinely enthusiastic                         |      | /4       |
| <b>LEADERSHIP TECHNIQUES</b>  |      |          |
| ◆ Use mirroring techniques (imitate participants, use mirrors when possible)      |      |          |
| ◆ Demonstrate proper technique  |      |          |
| ◆ Stand in a suitable position for teaching                                       |      |          |
| ◆ Provide both verbal and non-verbal cues effectively                             |      | /4       |
| <b>VOICE QUALITY</b>  |      |          |
| ◆ Use a suitable tone for the participant   |      |          |
| ◆ Speak using clear pronunciation   |      |          |
| ◆ Speak so that you can be heard at all times                                     |      | /3       |
| <b>PROFESSIONAL CONDUCT</b>   |      |          |
| ◆ Act in a confident and knowledgeable manner                                     |      |          |
| ◆ Focus on the needs of the participants and establish a mutual trust with them   |      |          |
| ◆ Perform duties in an organized and prepared fashion                             |      | /3       |

Total \_\_\_\_\_

Certified 29-36       Re-evaluation 28 or less

Comments

---



---



---

Instructor Name \_\_\_\_\_

Instructor Signature \_\_\_\_\_

Evaluator Name \_\_\_\_\_

Evaluator Signature \_\_\_\_\_