

Fitness Instructor Evaluation - Aquafit

1216 Sand Cove Road, Unit 2, Saint John NB. E2M 5V8, (506) 672-1993

Instructor _____ Date _____ Time _____
 Address _____ Postal Code _____
 Phone(W) _____ (H) _____
 Class Level _____ Water Depth Deep Shallow Combo

Certification Recertification

CONTENT	COMP	COMMENTS
PRE-CLASS INFORMATION		
◆ Name		/5
◆ Class type and length		
◆ Inquire re: water shy/non-swimmers		
◆ Info re: drop off to deep end		
◆ Emergency meds on deck		
WARM-UP		
◆ Locomotor Mixed Activities (4-5 min.)		/5
◆ R.O.M. in mid-range		
- upper body		
- mid-body (trunk)		
- lower body		
◆ Stretch (dynamic) optional		
◆ Duration (10 - 15% of total class)		
AEROBIC CONDITIONING		
◆ Gradual increase in intensity		/16
◆ Achieves c.v. training effect		
◆ Intensity monitored ½ way with THRZ or PE		
◆ Feedback on heart rate given		
◆ Intensity appropriate		
◆ Options given		
◆ Arm work has good control, safe and adds to the intensity (arms are in the water)		
◆ Variety (levers, planes, direction, tempo) -arms		
-legs		
◆ Understanding of principles of water demonstrated		
◆ Resistance		
◆ Turbulence		
◆ Buoyancy		
◆ Aerobic cool down max. 2 minutes		
◆ Smooth transition into muscle focus work		
◆ Duration (40 - 50% of total class)		
MUSCULAR CONDITIONING		
◆ Abdominals		
◆ Erector Spinae		
◆ Other muscle pairs		
◆ Designed to prevent quick cooling & participant discomfort		
◆ No. of repetitions		
◆ Intensity appropriate		
◆ Options given		

◆ Technique safe and effective		
◆ Stretch following each muscle group (use list below)		/10
◆ Duration (20 - 30% of total class)		
COOL DOWN		
◆ Sustained static stretches for muscles heavily worked or option offered to those who cool too quickly to complete stretches out of pool:		
- soleus/gastrocnemius		
- quadriceps/ iliopsoas		
- hamstrings		
- tibialis anterior		
- erector spinae		
- upper back		
- other:		
◆ Relaxation		/10
◆ Duration (10 - 15% of total class)		
LEADERSHIP		
◆ Continuity of movements		
◆ Flow of class components		
◆ Cueing - clear and concise		
- verbal/visual		
- foot position		
- breathing		
◆ Safety precautions (instructor and participant)		
◆ Permission		
◆ Correct alignment demonstrated - on deck		
- in water		
◆ Uses combination of teaching techniques		
◆ Uses space safely		
◆ Interacts with class		
◆ Music - safe and appropriate tempo		
- appropriate volume		
- uses beat/phrase		/16
PERSONAL		
◆ Voice		
◆ Appropriate dress		
◆ Punctual, organized		
◆ Educational component		
◆ Approachable and encourages feedback		/5

Total _____

Certified 53-67

Re-evaluation 52 or less

Comments

Instructor Name _____ Instructor Signature _____

Evaluator Name _____ Evaluator Signature _____