

Fitness Instructor Evaluation - Step

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 _____ ClassType _____

Certification Recertification

CONTENT	COMP	COMMENTS
<i>WARM-UP</i>		
◆ Locomotor Activity (4-5 mins)		
◆ Verbal Introduction		
◆ R.O.M. in mid-range		
◇ Upper body		
◇ Mid body (trunk)		
◇ Lower body		
◆ Stretch (dynamic and/or static)		
◇ Iliopsoas/Quadriceps		
◇ Tibialis anterior		
◇ Erector spinae (lumbar)		
◇ Shoulders / upper back		
◇ Hamstrings		
◇ Gastrocnemius		_____ /12
◇ Soleus		
<i>AEROBIC CONDITIONING</i>		
◆ Gradual increase in intensity & complexity		
◆ Logical progression		
◆ Activities achieve c.v. training effect		
◆ Arm work: safe, controlled, balanced		
◆ Foot work: safe, controlled, balanced		
◆ Variety (levers, planes, direction, tempo)		
◆ Max. 1 repeater, 5 per leg		
◆ Max. 1 minute per lead leg		
◆ Max. 1 minute single lunges		
◆ Max. 8 consec. power / propulsions		
◆ Intensity monitored using THRZ or PE		
◆ Intensity appropriate		
◆ Options given		_____ /14
◆ Aerobic cool down (minimum 2 mins)		
<i>MUSCULAR CONDITIONING</i>		
◆ Abdominals		
◆ Erector spinae		
◆ One additional muscle pair		
◆ No. of repetitions		
◆ Intensity appropriate		
◆ Options given		_____ /7
◆ Technique safe and effective		

CONTENT	COMP	COMMENTS
FINAL COOL DOWN		
◆ Upper body stretches		
◆ Mid body stretches		
◆ Lower body stretches:		
◇ Iliopsoas/Quadriceps		
◇ Tibialis anterior		
◇ Erector spinae		
◇ Hamstrings		
◇ Gastrocnemius		
◇ Soleus		
◆ Relaxation		
LEADERSHIP		
◆ Continuity of movement		
◆ Flow of class components		
◆ Duration of components meets standards		
◆ Cueing ◇ Verbal/Visual		
◆ Previewing of complicated movements		
◆ Safety precautions		
◆ Correct alignment demonstrated		
◆ Uses combination of teaching techniques		
◆ Uses space safely		
◆ Interacts with class		
◆ Permission giving		
◆ Music ◇ uses beat and/or phrase		
◇ appropriate tempo		
◇ appropriate volume		
PERSONAL		
◆ Voice		
◆ Punctual & organized		
◆ Educational component		
◆ Approachable and encourages feedback		
◆ Positive attitude		

____ / 9

____ /14

____ / 5

Total _____
Comments _____

Certified 49-61

Re-evaluation 48 or less

Instructor Name _____
Evaluator Name _____

Instructor Signature _____
Evaluator Signature _____

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January 2004