

**Fitness New Brunswick**  
**Personal Fitness Trainer Evaluation**  
 1216 Sand Cove Road, Unit 2, Saint John NB, E2M 5V8, (506) 672-1993

**Leader's Name:**  
**Phone: (h)**  
**Evaluation Date:**

**Address:**  
**Phone: (w)**  
**Evaluation Location:**

**Certification**       **Re-certification**

<b>Pre-Session</b>	<b>Comments</b>
◆ Arrives on time	
◆ Dresses appropriately	
◆ Meet and greet the participant	
<b>Hand in client file with an 8 week program that includes:</b>	
◆ Client profile	
◆ PAR-Q/PARmedX	
◆ Medical/Exercise History	
◆ Health Screening/Lifestyle Questionnaire	
◆ Identified Red Flags or Concerns (3 marks)	
◆ Appropriate Action Plans for Red Flags/Concerns (3 marks)	
◆ Informed Consent or Waiver Administered	
◆ Program appropriate for client profile (5 marks)	
◆ Communicated agenda for the workout	
<b>Mark: /20</b>	

<b>Cardiovascular Equipment</b>	<b>Comments</b>
<b>Equipment Name:</b> Trainer to demonstrate one piece of Cardio Equipment to client (from program)	
◆ Intro to Apparatus	
◆ Describe	
◆ Show	
◆ Coaching and Correcting	
◆ Appropriate intensity for client (2 marks)	
◆ Duration appropriate (2 marks)	
◆ Method of cardio appropriate	
<b>Mark: /9</b>	

<b>Machines</b>		<b>Comments</b>	
◆ Key strengthening exercises identified for client (3 marks)			
<b>Upper Body Exercise:</b> Trainer to demonstrate one Upper Body Machine to client (from program)			
◆ Intro to Exercise			
◆ Describe			
◆ Show			
◆ Coaching and Correcting			
<b>Lower Body Exercise:</b> Trainer to demonstrate one Lower Body Machine to client (from program)			
◆ Intro to Exercise			
◆ Describe			
◆ Show			
◆ Coaching and Correcting			
			<b>Mark: /11</b>
<b>Strength Training: Other Modalities</b>			<b>Comments</b>
<b>Upper Body Exercise:</b> Trainer's choice of equipment (DB, Balls, Tubing, Cables , etc.)			
◆ Intro to Exercise			
◆ Describe			
◆ Show			
◆ Coaching and Correcting			
◆ Spotting			
<b>Lower Body Exercise:</b> Trainer's choice of equipment (DB, Balls, Tubing, Cables , etc.)			
◆ 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			
◆ Key core exercises identified for client (3 marks)			
		<b>Mark: /7</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		
◆ Key stretches identified (2 marks)		<b>Mark: /10</b>
<b>Leadership &amp; Professionalism</b>		<b>Comments</b>
◆ Trainer is able to answer clients's questions (2 marks)		
◆ Trainer's exercise technique is good overall (2 marks)		
◆ Eye Contact		
◆ Clear and Concise		
◆ Volume and Tone		
◆ Acts in a confident and		
◆ Creates a comfortable		
◆ Wrap up, re-cap, closure		

**Total: /77 (Successful: 62/77, Re-evaluation: 61 and under)**

**Comments:**

**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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