

Resistance Training Evaluation

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

Instructor _____ Date _____ Time _____
 Address _____ Postal Code _____
 Phone(W) _____ (H) _____

CONTENTS	COMP	COMMENTS
<i>PRE-SESSION CONDUCT</i>		
◆ Arrive on time		
◆ Dress appropriately		
◆ Meet and greet the participant pleasantly		/3
<i>ORIENTATION</i>		
◆ 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
<i>WARM-UP</i>		
◆ 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
<i>WORKOUT</i>		
◆ 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
<i>CARDIOVASCULAR</i>		
◆ 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
<i>POST WORKOUT</i>		
◆ Assess the participant's knowledge of the program		
◆ Inquire concerning the participant's feelings about the session and the program		/2
<i>COMMUNICATION AND FEEDBACK</i>		
◆ 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
<i>LEADERSHIP TECHNIQUES</i>		
◆ 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
<i>VOICE QUALITY</i>		
◆ Use a suitable tone for the participant		
◆ Speak using clear pronunciation		
◆ Speak so that you can be heard at all times		/3
<i>PROFESSIONAL CONDUCT</i>		
◆ 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