

# AFLCA GROUP EXERCISE CERTIFICATION PRACTICAL ASSESSMENT FORM

## Mind Body Designation



Name: \_\_\_\_\_ Assessment Date: \_\_\_\_\_

Address: \_\_\_\_\_ Postal Code: \_\_\_\_\_

Phone #: ( \_\_\_\_\_ ) \_\_\_\_\_ E-mail: \_\_\_\_\_

Class Type and Level: \_\_\_\_\_

**Format:**    Live Streamed                      Pre Recorded Video                      In person

Please use the following scale in the observation of the Leader:

0= unacceptable              1= needs improvement              2= good              3= excellent

Section 1: Class Components/Content	Score	Comments
Warm Up		
1. Intensity appropriate for class type and component		
2. Active ROM of all appropriate joints/ muscle groups		
3. Rehearsal movements, based on class type		
4. Flow of movements is smooth		
5. Postural alignment cues given		
6. Safe technique described and demonstrated		
7. Proper use of equipment and set-up		
8. Progression is gradual		
9. Breathing may be addressed		
10. Music tempo, volume and mood appropriate (if applicable)		
11. Length appropriate for group and class		
12. Safety precautions given		
TOTAL — must score at least 24/36 in this section to pass assessment		

Muscle Conditioning		
1. Intensity appropriate for class type, component		
2. Speed of execution appropriate/safe		
3. Balance between agonist/antagonist, right/left		
4. Movements safe, controlled		
5. Number of reps appropriate for goals		
6. Postural alignment cues given		
7. Alternatives/options given		
8. Demonstrates and describes correct technique		
9. Avoids high risk exercises		
10. Breathing reminders		
11. Proper use of equipment and set-up		
12. Uses appropriate terminology, muscle names		
13. Corrects improper technique		
14. Majority of time spent on observation, not performance		
15. CV cooldown- at end, upper body stretches only on bike		
TOTAL — must score at least 30/45 in this section to pass assessment		

Flexibility/Relaxation		
1. Intensity appropriate for class type, component		
2. Speed of execution appropriate/safe		
3. Balance between agonist/antagonist, right/left		
4. Movements safe, controlled		
5. Number of reps appropriate for goals		
6. Postural alignment cues given		
7. Alternatives/options given		
8. Demonstrates and describes correct technique		
9. Avoids high risk exercises		
10. Breathing reminders		
11. Proper use of equipment and set-up		
12. Uses appropriate terminology, muscle names		
TOTAL — must score at least 24/36 in this section to pass assessment		

Leadership		
1. Arrives at least 10 minutes early		
2. Introduces self as AFLCA certified, explains class format and goals		
3. Faces group as much as possible		
4. Verbal cueing is concise, appropriate terminology, timely		
5. Visual cueing is precise, clear, timely, appropriate, concise		
6. Effectively breaks down complicated movements		
7. Effectively introduces new activities/exercises		
8. Safety precautions given		
9. Correct alignment demonstrated		
10. Uses various teaching techniques		
11. Interacts with class		
12. Gives permission, options		

Personal		
1. Confident, in control of class		
2. Voice- clearly heard, concise, varies tone		
3. Organized and prepared		
4. Observes class at all times, eye contact, provides corrective feedback		
5. Flexible to group needs		
6. Encouraging and motivating		
7. Positive attitude		
8. Encourages feedback		
TOTAL — must score at least 40/60 in this section to pass assessment		

Additional Comments: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Goals for the Future: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

AFLCA Trainer Name: \_\_\_\_\_

(please print)

Trainer Signature: \_\_\_\_\_

(Non-AFLCA trainers must contact the AFLCA for approval to assess leader for certification)

AFLCA Trainer ID# or Qualification \_\_\_\_\_

- ☐ Recommend for certification/recertification
- ☐ Second observation required