

AFLCA RESISTANCE EXERCISE CERTIFICATION PRACTICAL ASSESSMENT FORM



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 monitored and appropriate for class type and component		
2. Active ROM of all joints/major muscle groups		
3. Rehearsal movements, based on equipment used/goals/class structure		
4. Flow of movements is smooth		
5. Postural alignment cues given		
6. Safe use of equipment/technique described and demonstrated		
7. Proper set-up of equipment		
8. Progression is gradual		
9. Music tempo, volume and mood appropriate		
10. Length appropriate for class training goals/intent		
11. Safety precautions given for specific movements		
12. Participants' intensity is monitored		
TOTAL — must score at least 24/36 in this section to pass assessment		
Cardiovascular Component (if applicable)		
1. Intensity appropriate for training goals, certain class components		
2. Speed of execution appropriate/safe		
3. Movements safe, controlled		
4. Lower body- variety, balance, safe		
5. Upper body- variety, balance, safe		
6. Smooth flow and progression		
7. Postural alignment cues given		
8. Intensity checks appropriate		
9. Alternatives/options given		
10. Proper use of equipment		
11. Music tempo, volume and mood appropriate		
12. CV cooldown- appropriate length, intensity		
13. CV cooldown- at end, includes standing stretches		
TOTAL — must score at least 26/39 in this section to pass assessment		

Resistance Exercise Program Design		
1. Able to determine needs of clients' / participants' / health screening		
2. Speed of exercise selections are appropriate/safe		
3. Demonstrates and describes correct technique		
4. Balance between agonist/antagonist, right/left		
5. Balance between upper/lower body exercises		
6. Number of reps and sets appropriate for class/program goals		
7. Postural alignment cues given (back, shoulder and knee safety described/demonstrated)		
8. Alternatives/options given to suit needs of participants		
9. Avoids high risk exercises		
10. Proper use of equipment and set-up		
11. Proper sequence of exercises		
12. Proper breathing reminders (avoiding valsalva maneuver)		
13. Able to demonstrate effective/correct use of FITT formula for resistance training		
14. Able to demonstrate proper use of Resistance Training principles using appropriate terminology (progressive overload, rest, cross-training, specificity, periodization, etc.)		
15. Able to demonstrate knowledge of anatomy (correct muscle names, places)		
16. Able to choose correct exercise selections for muscle groups		
17. Participant intensity level is checked (localized muscular fatigue reached)		
TOTAL — must score at least 34/51 in this section to pass assessment		

Flexibility/Relaxation		
1. Upper body stretches- appropriate and safe		
2. Lower body stretches- appropriate and safe		
3. Stretches held for minimum of 15-30 seconds		
4. Stretches selected cover muscles utilized during program		
5. Alignment cues properly utilized / conveyed		
6. Alternatives/options given		
7. Music tempo, volume and mood appropriate		
8. Uses appropriate terminology, muscle names		
9. Relaxation segment included		
TOTAL — must score at least 18/27 in this section to pass assessment		

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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		
6. Effectively breaks down complicated movements and selected exercises		
7. Effectively introduces new activities/ exercises		
8. Safety precautions given for all activities		
9. Uses various teaching techniques		
10. Interacts with class		
11. 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		
9. Empowerment / education of class / participants is ongoing		
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