## AFLCA RESISTANCE EXERCISE CERTIFICATION PRACTICAL ASSESSMENT FORM

Nam	ne: Assessment	Assessment Date:				
Addı	ress:		Postal Code:			
Phor				•		
	s Type and Level:					
Forn		person				
	se use the following scale in the observation of the Leader: nacceptable 1= needs improvement 2= good	3= exce	llent			
	•					
	tion 1: Class Components/Content	Score	Comments			
	rm 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' inensity is monitored					
TOTAL — must score at least 24/36 in this section to pass assessment		t				
Car	diovascular 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 and includes standing stratches					

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)			
TOT	AL — must score at least 34/51 in this section to pass assessment			
Flex	kibility/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				

1. Arrives at least 10 minutes early 2. Introduces self as AFLCA certified, explains class format and goals 3. Roces group as much as possible 4. Verbal cueing is procise, clear, timely, appropriate 5. Visual cueing is procise, clear, timely, appropriate 6. Effectively bracks down complicated movements and selected exercises 7. Effectively introduces new activities/ exercises 8. Safely precautions given for all activities 9. Uses various teaching fechniques 10. Interacts with class 11. Gives permission, options Personal 12. Confident, in control of class 13. Organized and prepared 4. Observes class at all times, eye contact, provides corrective feedback 5. Flexible for group needs 6. Recouraging and motivating 7. Positive attitude 8. Encourages feedback 9. Empowerment / education of class / participants is ongoing 107AL — must score at least 40/50 in this section to pass assessment  Additional Comments:  Geals for the Future:  (Non-AFCA trainer must contact the AFCA for approval to assess leader for certification)  AFLCA Trainer (Dit or Qualification)  [Recommend for certification/recertification]	Leadership						
goals 3. Faces group as much as possible 4. Verbal cueing is precise, clear, timely, appropriate 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 precoulions given for all activities 9. Uses various teaching bechinques 10. Interacts with class 11. Grevs 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 angoing 107AL — must score at least 40/60 in this section to pass assessment  Additional Comments:  Goals for the Future:  (Non-AECA trainer Name: (please print)  Trainer Signature: (Non-AECA trainers must contact the AECA for approval to assess leader for certification)  AFLCA trainer (Diff or Qualification)	1.	Arrives at least 10 minutes early					
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4. Verbal cueing is concise, appropriate terminology, timely 5. Visual cueing is precise, clear, fimely, 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 fechniques 10. Interacts with class 11. Gives permission, options Personal 1. Confidant, 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 1. TOTAL — must score at least 40/40 in this section to pass assessment  Additional Comments:  Goals for the Future:  Chan-ARLCA trainers must contact the ARLCA for approval to assess leader for certification)  AFLCA trainer   Diff or Qualification    Recommend for certification/recertification	3.						
Visual cueing is precise, clear, timely, appropriate		* :					
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8. Safety precautions given for all activities 9. Uses various teaching techniques 10. Interacts with class 11. Gives permission, options Personal 11. 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 10TAL — must score at least 40/60 in this section to pass assessment  Additional Comments:  Goals for the Future:  AFLCA Trainer Name:  (Von-AFLCA trainers must contact the AFLCA for approval to assess leader for certification)  AFLCA Trainer ID# or Qualification  Recommend for certification/recertification		exercises					
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