

GROUP EXERCISE LEADER DESIGNATION

Course Completion and Participant Assessment Form



***For NEW and currently certified Fitness Alberta® Leaders, submit this form with certification documents or when adding another designation after completing certification.*

Name of Participant (print name): _____
Designation Taken (Please Check One)

☐ Choreography ☐ Cycle ☐ Portable Equipment ☐ Step ☐ Mind/Body

Date of Course: _____ Course #: _____

Trainer/Assistant Trainer-educator(print name): _____

Please ensure that all information is completed, and signed by both the participant and Trainer/ Assistant Trainer-educator. Signatures are proof that this feedback has been discussed with the course participant by the end of the course, and verifies that the participant has completed the course.

____ Already Fitness Alberta Group Exercise Certified & adding a designation - ID# _____

ASSESSMENT OF COURSE PARTICIPANT

Did the course participant prepare at least one portion of a class component? ____ Yes ____ No

If yes, did the course participant lead the group through their class plan? ____ Yes ____ No

The following scale is being used to assess the course participant:

1= strongly disagree 2= disagree 3= agree 4= strongly agree

The course participant:

____ Was actively engaged in the learning process (eg. listened in class, asked questions, took notes, etc.)

____ Prepared an effective class/component lesson plan

____ Demonstrated an understanding of anatomy, biomechanics and physiology

____ Demonstrated proper alignment, technique and body awareness

____ Effectively worked with music tempo, mood and volume (if applicable)

____ Chose movements that were appropriate to the skill and fitness level of the group

____ Demonstrated a confident, positive and encouraging leadership style

____ Demonstrated a knowledge of the course material

One thing done well: _____

One thing to work on: _____

Signature of Course Participant

Date

Signature of Fitness Alberta Trainer/Assistant Trainer-educator

Date

NOTE: There are **NO FEES** required when adding a new designation if you are already a certified Group Exercise Leader.