



Fitness Alberta Group Exercise CERTIFICATION
INDOOR CYCLE PRACTICAL EXAMINATION



NAME: _____ DATE of ASSESSMENT: _____
 Address: _____ City: _____ Prov: _____
 PCode: _____ Phone # _____ Email: _____
 Class Type & Level: _____ Assessment Location: _____

Please use the following scale in the observation of the candidate:
 0 = doesn't meet standard 1 = meets standard

LEADERSHIP COMPONENT	SCORE	NOTES
1. Introduced self as Fitness Alberta Certified Leader		
2. Arrives at least ten minutes early		
3. Organized and prepared		
4. Class format/level/goals clearly explained, gives a copy of lesson plan to assessor		
5. Flexible to group needs		
6. Faced group as much as possible, eye contact, constant observation		
7. Verbal presentation skills concise, timely, appropriate terminology, clearly heard		
8. Visual presentation skills concise, timely		
9. Motivational, encouraging, welcoming attitude conveyed		
10. Consistent safety precautions		
11. Participant feedback encouraged		
12. Provides constructive feedback		
13. Complex exercises/movements/sequences effectively broken down		
14. Appropriate class/group engagement (i.e., checking in, how are we doing?)		
15. Utilized various teaching techniques (i.e. <i>verbal, visual, demonstration</i>)		
16. Utilized adaptable teaching techniques		
17. Gives permission, options		
18. Evidence based education appropriate to scope of practice provided to participants		
SECTION 1 TOTAL — must score at least 14/18 in this section to pass assessment		

WARM-UP COMPONENT	SCORE	NOTES
1. Intensity/Time/Type appropriate for class type		
2. Participant intensity monitored (Heart Rate, RPE, Talk test)		
3. Active Range of Motion (ROM) for all joints AND major muscle groups		
4. Rehearsal movements, large muscle groups included		
5. Progression/flow of movements appropriate for class type		
6. Progression of intensity appropriate for class type		
7. Postural alignment cues provided		
8. Movement variations/alternatives provided to address levels of participant ability		
9. Safe/appropriate use of equipment described AND demonstrated		
10. Safe/appropriate technique described AND demonstrated		
11. Music tempo, volume and mood appropriate for class type		
SECTION 2 TOTAL — must score at least 9/11 in this section to pass assessment		

CARDIOVASCULAR COMPONENT	SCORE	NOTES
1. Intensity/time/type appropriate for class type		
2. Intensity checks appropriate (method, timing)		
3. Progression of movements appropriate for class type		
4. Movements safe, controlled		
5. Cycle postural alignment cues provided		
6. Movement variations/alternatives provided to address levels of participant ability		
7. Music phrasing, tempo, volume and mood appropriate for class		
8. Appropriate variety of movements for class type		
9. Safe/appropriate use of equipment described AND demonstrated		
10. Safe/appropriate technique described AND demonstrated		
11. Appropriate flow of movements to address varying levels of participant ability		
12. Appropriate amount of recovery between drills		
13. Appropriate cool-down component (Intensity/Time/Type)		
SECTION 3 TOTAL — must score at least 10/13 in this section to pass assessment		

FLEXIBILITY/RELAXATION COMPONENT	SCORE	NOTES
1. Stretches address muscles used within class, postural imbalances		
2. Static stretches held for minimum 10 - 30 seconds		
3. Appropriate terminology used for muscles AND body positions		
4. Postural alignment cues provided		
5. Movement variations/alternatives provided to address levels of participant ability		
6. Music tempo, volume and mood appropriate for class		
7. Safe/appropriate use of equipment described AND demonstrated		
8. Safe/appropriate technique described AND demonstrated		
9. Correct breathing cues provided		
SECTION 5 TOTAL — must score at least 7/9 in this section to pass assessment		

Please provide details and final tallies for each Assessment area.

LEADERSHIP SCORE = _____

Details: _____

Requires follow-up assessment? (circle one) YES NO

WARM-UP SCORE = _____ **Duration =** _____ mins

Details: _____

Requires follow-up assessment? (circle one) YES NO

CARDIOVASCULAR SCORE = _____ **Duration =** _____ mins

Details: _____

Requires follow-up assessment? (circle one) YES NO

FLEXIBILITY SCORE = _____ **Duration =** _____ mins

Details: _____

Requires follow-up assessment? (circle one) YES NO

MULTIPLE CHOICE PRACTICAL EXAM SCORE = _____ /10

Details: _____

Requires follow-up assessment? (circle one) YES NO

Additional comments: _____

Goals for the future: _____



By signing this Assessment, I, as the Fitness Alberta Leader, do hereby attest that I have performed today with the full intention of providing a safe and effective exercise session/class to my participants, and in accordance with Fitness Alberta Performance Standards. I accept the feedback as provided herein.

Signature: _____ Date: _____

Print name: _____

By signing this Practical Assessment, I, as the Fitness Alberta Trainer/Assistant Trainer-educator, do hereby accept and acknowledge that Fitness Alberta Leader _____ has met the practical exam standards via competency based assessment and verbal practical exam presented. (Please check the recommendation/requirement based on this Assessment).

Recommended for certification Follow-up Assessment required

Signature: _____ Date: _____

Print name: _____