



**Fitness Instructor Specialist (FIS)
Practical Exam Evaluation Form**

Candidate Name: _____ Class Type: _____

STARTING THE CLASS	SCORE	COMMENTS
Greets all participants with enthusiasm and care.	/ 2	
Introduces themselves and the type and purpose of the class with confidence and sincerity.	/ 2	
Dresses appropriately for type of class.	/ 2	
Makes class feel at ease.	/ 2	
Music volume appropriate.	/ 2	
Section Total	/ 10	
WARM-UP COMPONENT	SCORE	
Displays dynamic range of movement.	/ 2	
Displays muscle and skill recruitment.	/ 2	
Gradually increases the intensity.	/ 2	
Movements used are appropriate for the type of class.	/ 2	
Monitors intensity using RPE.	/ 2	
Provides and demonstrates options and modifications.	/ 2	
Connects well with class.	/ 2	
Previews moves and patterns that will be used later in the class.	/ 2	
Length of warm-up appropriate.	/ 2	
Section Total	/ 18	

CARDIORESPIRATORY COMPONENT	SCORE	COMMENTS
Movement patterns are appropriate for class.	/ 2	
Monitors intensity using RPE.	/ 2	
Recommends a change in technique to participants when needed and commends when changed.	/ 2	
Uses appropriate visual and verbal cues.	/ 2	
Explains and takes class through 3 phases of the cardio components.	/ 2	
Provides variety and creativity in the movement patterns while providing participants with options.	/ 2	
Transitions are smooth and movements flow well.	/ 2	
Travels moves in 4 directions (front, back, right, left,) using balanced movement patterns.	/ 2	
Effectively motivates participants to execute safe, effective movement and range.	/ 2	
Section Total	/ 18	
MUSCULAR CONDITIONING	SCORE	COMMENTS
Educates participants on the purpose of the exercise.	/ 2	
Works muscle groups in pairs.	/ 2	
Demonstrates and coaches strong technique and body alignment.	/ 2	
Gives options and progressions for participants.	/ 2	
Coaches participants with kinesthetic, action, adjustment, motivational and encouragement cues.	/ 2	
Section Total	/ 10	
FLEXIBILITY/RELAXATION	SCORE	COMMENTS
Identifies and educates participants on the muscles being stretched and the purpose of the stretches.	/ 2	
Stretches major muscle groups worked during the class.	/ 2	
If flexibility gains are the purpose of this section then stretches are held for 20 seconds. If relaxation is the purpose of this section then music and voice are appropriate.	/ 2	
Explains the benefits of stretching / flexibility / relaxation.	/ 2	
Section Total	/ 8	

FINISHING THE CLASS	SCORE	COMMENTS
Congratulates the class on their achievements.	/ 2	
Informs participants they will be around after class to Answer any questions and to receive feedback.	/ 2	
Section Total	/ 4	
TEACHING ABILITY	SCORE	COMMENTS
Instructs the class facing participants.	/ 5	
Works on the beat and phrase of the music.	/ 5	
If required, safely selects equipment for the class.	/ 2	
Section Total	/ 12	
LEADERSHIP QUALITIES	SCORE	COMMENTS
Organized and prepared with lesson plan completed.	/ 5	
Teaches with energy and enthusiasm.	/ 5	
Instructs the class with confidence.	/ 5	
Is an inspiring role model with good movement quality, posture and technique.	/ 5	
Section Total	/ 20	

PRACTICAL EXAMINATION SUMMARY

FINAL SCORE: / 100

Candidate Name: _____

Exam Date: _____

PRO TRAINER Signature: _____

CPR: YES NO

CPR Issue Date: _____

FEEDBACK: