



Participant Name:

Client Package:

Personal Training Specialist (PTS)
Practical Exam Evaluation Form

Participant Preparation		
	If NO	Comments
▶ Participant is organized and prepared for session.	-5	
▶ Participant is dressed appropriately for session.	-5	
Participant Preparation Total:	/ -10	

Screening and Assessment Component		Time: Approx 15 minutes
	Score	Comments
▶ Explains the purpose of both passive and dynamic postural assessments.	/ 2	
Introduction Total:	/ 2	

Visual Postural Assessment	Score	Comments
▶ Discusses how posture can affect attainment of goals.	/ 1	** Provide test client with instructions as to what postural faults to display. **
▶ Educates client on possible causes of postural faults.	/ 1	
▶ Identifies postural faults and affected structures in client.	/ 1	
▶ Discusses how postural faults will be addressed in the clients program.	/ 2	
▶ Allows for feedback and interaction.	/ 1	
Visual Postural Assessment Total:	/ 6	

Screening and Assessment Component (Continued)		
Dynamic Postural Assessment (OHS, SSR, or SLR)	Score	Comments
▶ Explains the functional relevance of chosen dynamic postural assessment.	/ 2	** Participant chooses the best Dynamic Postural Assessment for case study client. **
▶ Relates the chosen dynamic postural assessment to client goals.	/ 2	
▶ Provides clear and thorough instructions about set up and procedure to client.	/ 2	
▶ Correctly assesses relative success for each stage of assessment.	/ 1	
▶ Identifies movement errors present.	/ 2	
▶ Discusses results and how program will help client improve reassessment results.	/ 2	
▶ Allows for client feedback and interaction.	/ 1	
Dynamic Postural Assessment Total:	/ 12	
Section Total:	/ 20	

Warm-up/Cardiorespiratory Training Component		Time: Approx 5 minutes
* Based on case study client	Score	Comments
▶ Discusses the importance of completing a warm-up prior to exercise.	/ 1	
▶ Discusses the importance of completing cardiorespiratory training to achieve their goals.	/ 1	
▶ Demonstrates and explains correct set-up and use of equipment.	/ 1	
▶ Discusses correct intensity and monitoring using RPE and Target HR (HRR) for both warm-up and cardiorespiratory training.	/ 2	
▶ Continually monitors client HR.	/ 2	
▶ Adjusts intensity as required to achieve desired target HR.	/ 3	
▶ Allows for client feedback and interaction.	/ 1	
Section Total:	/ 11	

Resistance/Flexibility Training Component		Time: Approx 30 minutes
	Score	Comments
▶ Discusses the importance of completing resistance training.	/ 1	** Exercises to be provided by PRO TRAINER at exam. **
▶ Explains the importance of completing flexibility exercises.	/ 1	
▶ Discusses correct breathing and tempo for all exercises and stretches.	/ 2	
Introduction Total:	/ 4	

Category 1: Squat Variation	Score	Comments
▶ Highlights the muscle(s) trained to the client (anatomical names and lay terms).	/ 2	** You notice a lot of right leg dominance and client is unable to correct. Change this exercise to correct this. ** Exercise: _____
▶ Explains the purpose and benefit of the exercise to the client based on assessment results and goals.	/ 2	
▶ Correctly demonstrates the exercise, discussing correct set up, ROM, and posture.	/ 4	
▶ Identifies movement errors and provides correct cueing.	/ 2	
▶ ** Offers suitable modifications (progression and regression) for exercise.	/ 2	
▶ Uses correct spotting technique and positioning.	/ 1	
▶ Provides client with a stretch specific to a muscle worked during the exercise.	/ 1	
▶ Correctly demonstrates the stretch.	/ 1	
▶ Provides feedback to reinforce or correct technique of stretch.	/ 1	
Category 1 Total:	/ 16	

Resistance/Flexibility Training Component (Continued)		
Category 2: Split/Single Leg Variation (Lunge, Elevated Split Squat, Step Up)	Score	Comments
▶ Highlights the muscle(s) trained to the client (anatomical names and lay terms).	/ 2	** Say, "Client is adamant about not liking this exercise." ** Exercise: _____
▶ Explains the purpose and benefit of the exercise to the client based on assessment results and goals.	/ 2	
▶ Correctly demonstrates the exercise, discussing correct set up, ROM, and posture.	/ 4	
▶ Identifies movement errors and provides correct cueing.	/ 2	
▶ ** Offers suitable modifications for exercise based on client ability.	/ 2	
▶ Uses correct spotting technique and positioning.	/ 1	
▶ Provides client with a stretch specific to a muscle worked during the exercise.	/ 1	
▶ Correctly demonstrates the stretch.	/ 1	
▶ Provides feedback to reinforce or correct technique of stretch.	/ 1	
Category 2 Total:	/ 16	

Category 3: Hinge Variation (Deadlift)	Score	Comments
▶ Highlights the muscle(s) trained to the client (anatomical names and lay terms).	/ 2	** Say, "your client just mentioned that they are having back pain while doing this exercise." ** Exercise: _____
▶ Explains the purpose and benefit of the exercise to the client based on assessment results and goals.	/ 2	
▶ Correctly demonstrates the exercise, discussing correct set up, ROM, and posture.	/ 4	
▶ Identifies movement errors and provides correct cueing.	/ 2	
▶ ** Offers suitable modifications for exercise based on client ability.	/ 2	
▶ Uses correct spotting technique and positioning.	/ 1	
▶ Provides client with a stretch specific to a muscle worked during the exercise.	/ 1	
▶ Correctly demonstrates the stretch.	/ 1	
▶ Provides feedback to reinforce or correct technique of stretch.	/ 1	
Category 3 Total:	/ 16	

Resistance/Flexibility Training Component (Continued)

Category 4: Push Variation (Horizontal or Vertical)	Score	Comments
▶ Highlights the muscle(s) trained to the client (anatomical names and lay terms).	/ 2	** Say, "Your client just told you they are getting some shoulder pain with this exercise." ** Exercise: _____
▶ Explains the purpose and benefit of the exercise to the client based on assessment results and goals.	/ 2	
▶ Correctly demonstrates the exercise, discussing correct set up, ROM, and posture.	/ 4	
▶ Identifies movement errors and provides correct cueing.	/ 2	
▶ ** Offers suitable modifications for exercise based on client ability.	/ 2	
▶ Uses correct spotting technique and positioning.	/ 1	
▶ Provides client with a stretch specific to a muscle worked during the exercise.	/ 1	
▶ Correctly demonstrates the stretch.	/ 1	
▶ Provides feedback to reinforce or correct technique of stretch.	/ 1	
Category 4 Total:	/ 16	

Category 5: Pull Variation (Horizontal or Vertical)	Score	Comments
▶ Highlights the muscle(s) trained to the client (anatomical names and lay terms).	/ 2	Exercise: _____
▶ Explains the purpose and benefit of the exercise to the client based on assessment results and goals.	/ 2	
▶ Correctly demonstrates the exercise, discussing correct set up, ROM, and posture.	/ 4	
▶ Identifies movement errors and provides correct cueing.	/ 2	
▶ Offers suitable modifications (progression and regression) for exercise.	/ 2	
▶ Uses correct spotting technique and positioning.	/ 1	
▶ Provides client with a stretch specific to a muscle worked during the exercise.	/ 1	
▶ Correctly demonstrates the stretch.	/ 1	
▶ Provides feedback to reinforce or correct technique of stretch.	/ 1	
Category 5 Total:	/ 16	

Resistance/Flexibility Training Component (Continued)

Category 6: Plank Variation (Front or Side)	Score	Comments
▶ Highlights the muscle(s) trained to the client (anatomical names and lay terms).	/ 2	** If front plank is chosen, ask participant for a stretch of either the erector spinae or rectus abdominis ** Exercise: _____
▶ Explains the purpose and benefit of the exercise to the client based on assessment results and goals.	/ 2	
▶ Correctly demonstrates the exercise, discussing correct set up, ROM, and posture.	/ 4	
▶ Identifies movement errors and provides correct cueing.	/ 2	
▶ Offers suitable modifications (progression and regression) for exercise.	/ 2	
▶ Uses correct spotting technique and positioning.	/ 1	
▶ Provides client with a stretch specific to a muscle worked during the exercise.	/ 1	
▶ Correctly demonstrates the stretch.	/ 1	
▶ Provides feedback to reinforce or correct technique of stretch.	/ 1	
Category 6 Total:	/ 16	
Section Total:	/ 100	

Session Management		
	Score	Comments
▶ Demonstrates a genuine interest in creating a relationship with the client.	/ 4	
▶ Displays empathy and sincerity in response to client complaint(s) during session.	/ 4	
▶ Continually asks for feedback and adjusts program accordingly.	/ 4	
▶ Communicates effectively with the client and gives clear instructions.	/ 4	
▶ Is enthusiastic in the delivery of the program.	/ 4	
▶ Uses positive statements to motivate the client.	/ 4	
▶ Demonstrates leadership qualities of a Personal Training Specialist.	/ 4	
▶ Provides feedback relating to the session.	/ 4	
Section Total:	/ 32	

Program Design		Time: Approx 15 minutes
	Score	Comments
▶ Identifies three goals of the client.	/ 3	
▶ Macrocycle length matches length of client goals.	/ 1	
▶ Correct use of mesocycle type and length for client goals.	/ 2	
▶ Utilization of the FITT principle for programmed cardiorespiratory training is appropriate for client level and goals. (Periodized Training Program Card)	/ 3	
▶ Utilization of the FITT principle for programmed resistance training is appropriate for client level and goals. (Periodized Training Program Card)	/ 3	
▶ Utilization of the FITT principle for flexibility training is appropriate for client level and goals. (Periodized Training Program Card)	/ 3	
▶ Ability to justify use of three exercises in program for client.	/ 3	
▶ Identifies how program components (FITT) would need to be adjusted in two other mesocycles.	/ 4	
Section Total:	/ 22	

PTS Practical Examination Summary

Exam Date: (DD / MM / YY)

Section	Score
Screening and Assessment Component	/20
Warm-up/Cardiorespiratory Training Component	/11
Resistance Training Component	/100
Session Management	/32
Program Design	/22
Total Score	/185

Overall Percentage _____ %

Success

Retry

Strengths:

Areas for improvement:

General Comments:

CPR Presented:

YES

NO

Issue Date: (DD / MM / YY)

Participant Name: _____

Participant Signature: _____

PRO TRAINER Name: _____

PRO TRAINER Signature: _____