



BCRPA Personal Training ICE Teaching Skills

Form G

DEMONSTRATE TEACHING SKILLS:

Exercise/Stretches: Candidate to demonstrate 3 exercises and stretches (1 Upper Body, 1 Lower Body and 1 Core) from the Program Design. Exercises will be rated on the following criteria:

1. Adjust Equipment/Workload/Body Position: Adjusts seat height/lever lengths to oppose the line of resistance. Determines the workload.
2. Consistent ROM through all repetitions.
3. Stabilization: Ensures that joints not involved in the exercise, especially those above and below involved joints, are stabilized. Body position is checked.
4. Movement Speed: Teaches appropriate speed of execution for a single repetition, exceptions may be appropriate for static stretches.
5. Breathing: Avoids holding breath. Ensures inhalation and exhalation during each repetition is appropriate for the exercise and velocity.
6. Musculoskeletal Knowledge: Describes muscle(s)/muscle group(s) and joints involved in the exercise.
7. Points of Concern: Educates participant on common technique errors for the exercise. Describes how to correct them.
8. Spotting: Demonstrates proper spotting techniques in order to minimize the risk of injury during the execution of the exercise.
9. Modification: Offers alternative exercises. Indicates for whom this exercise would be high risk.
10. Teaching Skills: Uses appropriate teaching skills for each exercise. (Description below.)

Teaching Skills: Practical Demonstration of Warm-Up and Weight Room Exercises

1. Body Language/Kinesthetic: Awareness of position that is appropriate for best instruction. Makes eye contact. Observes participant's technique/response. Uses hands touch appropriately. Demonstrates good posture, hygiene, and attire.
2. Voice: Tone, volume, tempo, inflection and projection appropriate for surroundings and participant.
3. Education/Explanation: Uses clear, complete instructions. Uses correct anatomical terminology, plus general terms. Questions participant for feedback and adjusts exercise accordingly.
4. Concise: Avoids information overload. Uses a step-by-step approach. Integrates education and instruction into exercise activity times. Instruction of each exercise, with 8-15 repetitions, takes approximately two minutes.

.5 point per criteria	Exercise <i>Upper Body</i>	Stretch <i>Upper Body</i>	Exercise <i>Lower Body</i>	Stretch <i>Lower Body</i>	Exercise <i>Core</i>	Stretch <i>Core</i>
Adjust Equipment/Workload/Body Position:						
ROM						
Stabilization						
Movement						
Breathing						
Musculoskeletal Knowledge						
Points of Concern						
Spotting						
Modification						
Teaching Skills						
Total (5 Points per exercise/Stretch)	/5	/5	/5	/5	/5	/5

Total Form G: _____/30