



SFIC Practical Evaluation Rubric

This evaluation examines 36 key competencies that are assigned to the nine components that comprise an ideal older adult fitness class as outlined in the SFIC training.

Candidate Name	Candidate email address
Location of program observed	Today's date
Location of SFIC	End date of SFIC
Evaluator name	Evaluator email address

In person Video Number of participants: _____

Criteria: Needs Improvement (0), Meets Expectations (1), Exceeds Expectations (2)

INTRO	0	1	2
General Introduction/Welcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Review of Safety (environment, intensity, reason to stop, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Set up (appropriate space, participant's area, music ready)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

WARM UP	0	1	2
~5 minutes duration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movements through range of motion for major joints: <input type="checkbox"/> shoulder <input type="checkbox"/> elbow <input type="checkbox"/> wrist <input type="checkbox"/> hip <input type="checkbox"/> knee <input type="checkbox"/> ankle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Exercises performed progressively, safely, in correct form.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Component is continuous into cardiorespiratory endurance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



CARDIORESPIRATORY ENDURANCE	0	1	2
Minimum 20 minutes duration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selection of exercises (weight-bearing, progressive, safe, taught well)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Intensity (continuous moderate-vigorous, monitored twice) Monitoring technique used: talk test / HR check / RPE	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Music selection (appropriate tempo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CARDIORESPIRATORY COOL-DOWN	0	1	2
~ 5 minutes duration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movements through range of motion for major joints: <input type="checkbox"/> shoulder <input type="checkbox"/> elbow <input type="checkbox"/> wrist <input type="checkbox"/> hip <input type="checkbox"/> knee <input type="checkbox"/> ankle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selection of exercises (gradual decrease of HR, safe, taught in correct form)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CARDIORESPIRATORY COOL-DOWN	0	1	2
~ 5 minutes duration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Movements through range of motion for major joints: <input type="checkbox"/> shoulder <input type="checkbox"/> elbow <input type="checkbox"/> wrist <input type="checkbox"/> hip <input type="checkbox"/> knee <input type="checkbox"/> ankle	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Selection of exercises (gradual decrease of HR, safe, taught in correct form)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

STABILITY & BALANCE	0	1	2
~ 5 minutes duration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Dynamic, static, and functional exercises taught in correct form	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Balance training incorporated throughout program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



FLEXIBILITY / STRETCHING	0	1	2
~ 5 minutes duration	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Static stretches for major muscles: <input type="checkbox"/> back <input type="checkbox"/> chest <input type="checkbox"/> quads <input type="checkbox"/> hamstrings <input type="checkbox"/> calves <input type="checkbox"/> gluteals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Stretches held for 15-20 seconds in correct form	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Class completed with participants standing	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

CLASS PRESENTATION	0	1	2
Basic fitness components (order, objectives)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Planning (well thought out, organized)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Flow maintained throughout components (good transitions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Physical demonstration of exercises in every component	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Use of music (suitability, selection, tempo, volume)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LEADERSHIP QUALITIES	0	1	2
Manner (enthusiastic, motivating, encouraging, prepared)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Clear communication (voice, demonstration)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Interaction with participants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Instructions/corrections provided when necessary	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Provided alternatives/modifications throughout class	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Note: The accrual of greater than four competencies that need improvement (score of 0) will result in a review of evaluators feedback/comments and resubmission. It is the evaluator's responsibility to determine if the re-submission will require an example of a full or partial class. This decision is based on the results of the initial evaluation.