



SFIC Mentorship Meeting

Sept 4th, 2024



Western
Canadian Centre for
Activity and Aging

THANK YOU





Seniors' Fitness Instructor Course

Practical Evaluation Marking Rubric

ccaa@uwo.ca

Evaluation Goal(s)

- **CCAA** – Certificate holders meet a minimum standard of safety and competency
- **Candidates** – demonstrate they can deliver a safe activity class that is both enjoyable and effective for the participants

NOT


- Candidates demonstrating the most engaging and energy filled, innovative, advanced level group fitness class that would put “Peloton” to shame!




General Requirement

- **Beginner to Intermediate** intensity/difficulty.
- **New Participant**
 - Welcome/introduction
 - **Instruction and demonstration** for all exercises
 - Appropriate exercises
- Mostly **standing** (some sitting, and floor is OK)
- Brief notes are fine but need to **engage and monitor**
- **Tip – practice with recording**



Introduction/Instruction/Safety	0	1		max score
General introduction/welcome	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3
Review of safety (environment, intensity, reason to stop, etc.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Set up (appropriate space, participants area, music is ready)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:				

- General welcome
- Review of **safety** (environment, reason to stop, etc.)
- **RPE** education
- Set up – safe environment
- **Chair** available for every participant.

Warm-up				0	1		max score
Instruction (effective, clear, adaptations, and safe)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6
Duration (effective length ~5 min.)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Intensity (progressive RPE 3→4) – ready for a RPE of 5 “CHECK”				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise Inclusion (Includes major joints with encouragement to move through “available range of motion”)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Trunk	<input checked="" type="checkbox"/> Elbows	<input checked="" type="checkbox"/> Hips	<input checked="" type="checkbox"/> Ankles				
<input checked="" type="checkbox"/> Shoulders	<input checked="" type="checkbox"/> Wrists	<input checked="" type="checkbox"/> Knees					
Effective (prepares participants for cardiorespiratory component)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Transition (blends well into cardiorespiratory component)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:							

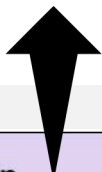


A progressive build of intensity **RPE 3→4**

- Engages the major joints/movements of the body.
- Ok to use multiple joint movements to fully target all the joints in the allotted time.
- Avoid long pauses -progressive increase in activity to prepare for the cardio portion.
- Should blend/transition well into the cardio.

A transition period to allow the heart rate to return closer to resting levels prior to finishing the remainder of the class. **RPE 5→3**

- Opportunity to continue with mobility or balance exercises.
- Keep moving




Cardiorespiratory/Aerobic Cool-Down				0	1	<input checked="" type="checkbox"/>	max score
Instruction (effective, clear, adaptations, and safe)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6
Duration (effective length ~5 min.)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Intensity (progressive RPE 5→3)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise Inclusion (includes major joints with encouragement to move through “available range of motion”)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Trunk <input checked="" type="checkbox"/> Shoulders		<input type="checkbox"/> Elbows <input type="checkbox"/> Wrists					
Effective (recovery after cardiorespiratory component)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Monitoring (intensity check RPE should be ~3-4 by the end)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:							

Cardiorespiratory/Aerobic Endurance	0	1	✓	max score
Instruction (effective, clear, adaptations, and safe)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6
Duration (effective length ~20 min.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Intensity (maintains an effective challenge RPE 5-8 throughout and adjusts for the group)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise Selection (appropriateness, variety, challenging, movement, safe, enjoyable)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Monitoring (regular checks, minimum of 2, with appropriate adjustments)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Music (selection, tempo)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:				

- Intensity between **RPE 5-7**
- Beginner to intermediate level of complexity.
- **RPE Checks**
- (verbally and visually) participants intensity and technique (ask and watch)
- **Ability to adapt**
 - Intensity
 - Exercise

Muscular Training				0	1	<input checked="" type="checkbox"/>	max score
Instruction (effective, clear, adaptations, and safe)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6
Intensity (effective challenges, RPE, resistance, sets, reps)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Exercise Selection (included major muscle groups and motions)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Arm elevation (shoulders)	<input checked="" type="checkbox"/> Pushing <input checked="" type="checkbox"/> Pulling	<input checked="" type="checkbox"/> Trunk <input checked="" type="checkbox"/> Hips	<input checked="" type="checkbox"/> Knees <input checked="" type="checkbox"/> Ankles				
Effective (appropriate strength challenges, functional)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Equipment (proper use i.e. body weight, bands, weights, balls, etc.)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Monitoring (appropriate resistance/challenge and RPE)				<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:							

- Engage the major joints and muscle groups of the body.
- Multi-joint/functional movementsOK to include some targeted single joint exercises.
- Monitor Technique
- Challenging resistance
 - (strength endurance, muscle gain, strength capacity)
- RPE Checks
- Adjusting accordingly for both technique and intensity

Stability and Balance	0	1		max score
Instruction (effective, clear, adaptations, and safe)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
Duration (appropriate length ~5 min.)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Type (includes static, dynamic, and functional)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Balance training incorporated throughout program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:				

Challenging to maintain balance with **minimal body sway / risk of losing balance**

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- Challenges both static and dynamic balance
 - Safe and appropriate for the participants and instructor
 - Chair available for safety.

Flexibility/Stretching	0	1	<input checked="" type="checkbox"/>	max score
Instruction (effective, clear, adaptations, and safe)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	4
Duration (appropriate length ~5 min.)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Exercise Selection (Inclusion of all major joints with encouragement to move through "full range of motion")	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
<input checked="" type="checkbox"/> Trunk <input checked="" type="checkbox"/> Shoulders	<input checked="" type="checkbox"/> Elbows <input checked="" type="checkbox"/> Wrists	<input checked="" type="checkbox"/> Hips <input checked="" type="checkbox"/> Knees	<input checked="" type="checkbox"/> Ankles	
Effective (appropriate selection of type and parameters)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Comments:				

- Encourage to move through full pain-free range of motion
- Targeting all major muscle groups/joints

Finish	0	1	<input checked="" type="checkbox"/>	max score
Wellness Check (recovered enough to depart class)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	2
Post-class reminders (hydration, recovery, nutrition, wellness, self-care)	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>	
Comments:				
Leadership Qualities	0	1	<input checked="" type="checkbox"/>	max score
Manner (enthusiastic, motivating, encouraging, prepared)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
Communication (clear, volume, demonstration)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Engagement (continually interacting with and monitoring participants' performance)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Adaptability (adjusts instructions/corrections when necessary)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:				
Class Presentation	0	1	<input checked="" type="checkbox"/>	max score
Planning (well-organized throughout)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4
Flow (maintained throughout components and good transitions)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Demonstration (effectively able to demonstrate most exercises)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Music (suitability, selection, tempo, volume)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Comments:				
Total Score:	/45	Successful <input type="checkbox"/>	Unsuccessful <input type="checkbox"/>	

- Wellness Check
- Continual interaction and monitoring
- Instructors should be able to properly demonstrate all exercises.



Final Thoughts

- Can't evaluate what we can't hear or see
- “Minimum Standard” of competency
- RPE, RPE, RPE
- Mentor Sign off
- CEC credits
- If in doubt... reach out ccaa@uwo.ca



Questions