

# JLO FITNESS INSTITUTE OF INDIA

## Resistance Training Certification Practical Assessment Form

Name: \_\_\_\_\_ Assessment Date: \_\_\_\_\_

Address: \_\_\_\_\_

Phone #: \_\_\_\_\_ E-mail: \_\_\_\_\_

Class Type and Level: \_\_\_\_\_



Please use the following scale in the observation of the Leader:  
0= unacceptable 1= needs improvement 2= good 3= excellent

Section 1: Class Components/Content	Score	Comments
<b>Warm Up</b>		
1.Intensity monitored and appropriate for class type and component		
2.Active ROM of all joints/major muscle groups		
3.Rehearsal movements, based on equipment used/goals/class structure		
4.Flow of movements is smooth		
5.Postural alignment cues given		
6.Safe use of equipment/technique described and demonstrated		
7.Proper set-up of equipment		
8.Progression is gradual		
9.Music tempo, volume and mood appropriate		
10. Length appropriate for class training goals/intent		
11. Safety precautions given for specific movements		
12. Participants' intensity is monitored		
<b>TOTAL — must score at least 24/36 in this section to pass assessment</b>		

**PASS/REFER (100% criteria must be met to pass) 45/45**

Assessor's Name		Signature		Date	
IQA's n Name		Signature		Date	



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Cardiovascular Component (if applicable)	Score	Comments
1.Intensity appropriate for training goals, certain class components		
2.Speed of execution appropriate/safe		
3.Movements safe, controlled		
4.Lower body- variety, balance, safe		
5.Upper body- variety, balance, safe		
6.Smooth flow and progression		
7.Postural alignment cues given		
8.Intensity checks appropriate		
9.Alternatives/options given		
10. Proper use of equipment		
11. Music tempo, volume and mood appropriate		
12. CV cooldown- appropriate length, intensity		
13. CV cooldown- at end, includes standing stretches		
<b>TOTAL — must score at least 26/39 in this section to pass assessment</b>		

Resistance Training Program Design	Score	Comments
1.Able to determine needs of clients' / participants'/ health screening		
2.Speed of exercise selections are appropriate/safe		
3.Demonstrates and describes correct technique		
4.Able to demonstrate knowledge of anatomy ( muscle names, places)		
5.Balance between upper/lower body exercises		
6.Number of reps and sets appropriate for class/program goals		
7.Postural alignment cues given (back, shoulder & knee safety demonstrated)		
8.Alternatives/options given to suit needs of participants		
9.Avoids high risk exercises		
10. Proper use of equipment and set-up		
11. Proper sequence of exercises		
12. Proper breathing reminders (avoiding valsalva maneuver)		
13. Able to demonstrate effective/correct use of FITT formula for resistance training		
14. Able to choose correct exercise selections for muscle groups		
15. Able to demonstrate proper use of Resistance Training principles using appropriate terminology		
<b>TOTAL — must score at least 34/51 in this section to pass assessment</b>		



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Flexibility/Relaxation	Score	Comments
1.Upper body stretches- appropriate and safe		
2.Lower body stretches- appropriate and safe		
3.Stretch held for minimum of 15-30 seconds		
4.Stretch selected cover muscles utilized during program		
5.Alignment cues properly utilized / conveyed		
6.Alternatives/options given		
7.Music tempo, volume and mood appropriate		
8.Uses appropriate terminology, muscle names		
9.Relaxation segment included		
<b>TOTAL — must score at least 18/27 in this section to pass assessment</b>		

Leadership	Score	Comments
1.Arrives at least 10 minutes early		
2.Introduces self as JFI certified, explains class format and goals		
3.Faces group as much as possible		
4.Verbal cueing is concise, appropriate terminology, timely		
5.Visual cueing is precise, clear, timely, appropriate		
6.Effectively breaks down complicated movements and selected exercises		
7.Effectively introduces new activities/ exercises		
8.Safety precautions given for all activities		
9.Uses various teaching techniques		
10. Interacts with class		
11. Gives permission, options		



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Flexibility/Relaxation	Score	Comments
1. Confident, in control of class		
2. Voice- clearly heard, concise, varies tone		
3. Organized and prepared		
4. Observes class at all times, Eye contact, provides corrective feedback		
5. Flexible to group needs		
6. Encouraging and motivating		
7. Positive attitude		
8. Encourages feedback		
9. Empowerment / education of class / participants is ongoing		
<b>TOTAL — must score at least 40/60 in this section to pass assessment</b>		

**Additional Comments:** \_\_\_\_\_

**Goals for the Future:** \_\_\_\_\_

**JFII** Trainer Name: \_\_\_\_\_

**Trainer Signature::** \_\_\_\_\_

**JFII** Trainer ID# or Qualification \_\_\_\_\_

**Recommend for certification/recertification**

**Second Observation Required**

Verified By  
**Jayesh Lopes**

Signature