



Instructor Competency Evaluation (Re-ICE)



Canadian Fitness Education Services

Canadian Fitness Education Services Ltd.
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Candidate _____ Email _____
Address _____ City _____ Postal Code _____
Class type _____ Level _____ Evaluation Date _____

Key: 1=Below Standard 2=Needs Improvement / Below Average 3=Satisfactory / Acceptable 4=Good / Above Average 5=Excellent

PROGRAM COMPONENTS

1 OSTEOFIT Tip _____

Preparedness: ___/5 Content: ___/5 Delivery: ___/5 Subtotal /15

SKILLS IN TEACHING *Please refer to scoring explanation for detail

Table with 7 columns: Component Score, Exercise Choices, Explanation, Safety, Education, Teaching Techniques, Score. Rows include Warm up, Agility and Balance, Muscular Strength, Stretch.

Component Comments

2 Warm up _____

3 Agility and Balance _____

4 Muscular Strength _____

5 Stretch _____

6 Relaxation _____ /5

PROFESSIONAL LEADERSHIP QUALITIES

7 Planning (prepared, organized, adaptable, creative) _____ /5

8 Language (voice, body language, suitability) _____ /5

9 Manner (enthusiastic, encouraging, motivating) _____ /5

10 Attitude (responsible, sincere, professional) _____ /5

General comments _____

Attach Lesson Plan _____ Total /140

Basic (84/140) = 60%; Advanced (112/140)= 80%

Evaluator _____ Email _____

Address _____ City _____ Postal Code _____

Evaluator Signature _____ Candidate Signature _____