

GROUP FITNESS INSTRUCTOR PERFORMANCE EVALUATION

Instructor: _____ Date: _____ Time: _____

Class: _____ Evaluator: _____

Please rate the instructor's performance based upon the following scale:

5=Excellent, 4=Very Good, 3=Good, 2=Fair, 1=Poor, N=Not performed by instructor

AREAS OF EVALUATION:								COMMENTS:
Introduction	1	2	3	4	5	N		
(1) Started class on time		Yes				No		
(2) Introduced self		Yes				No		
(3) Explained class type & level		Yes				No		
(4) Made announcements during class		Yes				No		
(5) Welcoming to new members		Yes				No		
Warm up (3-5min/30min class, 5-10min/60min class)	1	2	3	4	5	N		
(1) Major muscle groups included		Yes				No		
(2) Gradual ↑ in ROM & complexity		Yes				No		
(3) Appropriate ordering and transitions		Yes				No		
Workout (20-25min/30min class, 20-35min/60min class)	1	2	3	4	5	N		
(1) Remind to breathe throughout postures		Yes				No		
(2) Gradually increased intensity		Yes				No		
(3) Gradually ease into & out of poses		Yes				No		
(4) Gave clear, precise cues in advance		Yes				No		
(5) Safety, alignment, hand & verbal cues		Yes				No		
(6) Demonstrated modifications		Yes				No		
(7) Educated members about anatomy		Yes				No		
(8) Appropriate level or adjusted, if needed		Yes				No		
(9) Moved around to observe form		Yes				No		
(10) Corrected bad form, if needed		Yes				No		
(11) Smooth and safe transitions		Yes				No		
(12) Easy to follow		Yes				No		
(13) Performed variety of movements		Yes				No		
(14) Enthusiastic & motivating		Yes				No		
(15) Showed interest in members		Yes				No		
(16) Came prepared with a lesson plan		Yes				No		
Cool down (3-5min/30min class, 5-10min/60min class)	1	2	3	4	5	N		
(1) Gradual ↓ in complexity		Yes				No		
(2) Ended class on time		Yes				No		
Overall Impressions	1	2	3	4	5	N		
(1) Effective & safe program content		Yes				No		
(2) Well-organized and balanced		Yes				No		
(3) Challenging but reachable & fun		Yes				No		

Performance evaluation used for pilates, core, yoga, and flexibility classes.

11/16/2010

GROUP FITNESS INSTRUCTOR PERFORMANCE EVALUATION

Instructor: _____ Date: _____ Time: _____

Class: _____ Evaluator: _____

Please rate the instructor's performance based upon the following scale:

5=Excellent, 4=Very Good, 3=Good, 2=Fair, 1=Poor, N=Not performed by instructor

AREAS OF EVALUATION:							COMMENTS:
Introduction	1	2	3	4	5	N	
(1) Started class on time		Yes			No		
(2) Used microphone & proper volume		Yes			No		
(3) Introduced self		Yes			No		
(4) Explained class type and level		Yes			No		
(5) Recommend proper footwear, if applicable		Yes			No		
(6) Talked about hydration (throughout class)		Yes			No		
(7) Made announcements during class		Yes			No		
(8) Welcoming to new members		Yes			No		
Warm up (3-5min/30min class, 5-10min/60min class)	1	2	3	4	5	N	
(1) Major muscle groups included		Yes			No		
(2) Gradual ↑ in ROM & complexity		Yes			No		
(3) Appropriate ordering and transitions		Yes			No		
Workout (20-25min/30min class, 20-35min/60min class)	1	2	3	4	5	N	
(1) Unused equipment on perimeter		Yes			No		
(2) Gradually increased intensity		Yes			No		
(3) Gave clear, precise cues in advance		Yes			No		
(4) Safety, alignment, hand & verbal cues		Yes			No		
(5) Demonstrated modifications		Yes			No		
(6) Educated members about anatomy		Yes			No		
(7) Avoided rapid double-leg raises		Yes			No		
(8) Avoided unsupported back hyperextension		Yes			No		
(9) Avoided prone supermans		Yes			No		
(10) Avoided standing on bosu platform		Yes			No		
(11) Kept knee in line w/ & not over toes		Yes			No		
(12) Avoided extreme # of repetitions		Yes			No		
(13) Appropriate level or adjusted, if needed		Yes			No		
(14) Moved around to observe form		Yes			No		
(15) Corrected bad form, if needed		Yes			No		
(16) Smooth and safe transitions		Yes			No		
(17) Easy to follow		Yes			No		
(18) Avoided continuous counting		Yes			No		
(19) Performed variety of movements		Yes			No		
(20) Enthusiastic & motivating		Yes			No		
(21) Showed interest in members		Yes			No		
(22) Came prepared with a lesson plan		Yes			No		
Took Heart Rate (HR)	1	2	3	4	5	N	
(1) Took HR 25-35 minutes into class		Yes			No		
(2) Explained HR correctly		Yes			No		
(3) Gave modifications based on results		Yes			No		
Cool down (3-5min/30min class, 5-10min/60min class)	1	2	3	4	5	N	
(1) Heart rate gradually decreased		Yes			No		
(2) Major muscle groups stretched		Yes			No		
(3) Ended class on time		Yes			No		
Overall Impressions	1	2	3	4	5	N	
(1) Effective & safe program content		Yes			No		
(2) Well-organized and balanced		Yes			No		
(3) Challenging but reachable & fun		Yes			No		