

Lesson Plan

(Attach to Instructor Competency Evaluation)

This form is to help the evaluator while writing up the Instructional Competency Evaluation form. There is no grade attached to the lesson plan. You are required to hand this completed lesson plan to the evaluator prior to the evaluation. Please copy this form if additional space is required.

Fitness Component	Exercise Selection	Muscle Groups and/or Joints Involved	Special Precautions or Instructions