



### Instructor Competency Evaluation (ICE)



Canadian Fitness Education Services

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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*

| Component Score       | Exercise Choices | Explanation | Safety | Education | Teaching Techniques | Score |
|-----------------------|------------------|-------------|--------|-----------|---------------------|-------|
| 2 Warm up             |                  |             |        |           |                     | /25   |
| 3 Agility and Balance |                  |             |        |           |                     | /25   |
| 4 Muscular Strength   |                  |             |        |           |                     | /25   |
| 5 Stretch             |                  |             |        |           |                     | /25   |

#### 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 and Class Resume Total /140

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

Evaluator \_\_\_\_\_ Email \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Postal Code \_\_\_\_\_

Evaluator Signature \_\_\_\_\_ Candidate Signature \_\_\_\_\_