

CFES Osteofit Specialty Designation

Instructional Competency Evaluation Scoring Explanation

This evaluation is the standardized form used to qualify the competency of potential Osteofit Instructors.

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

Basic Requirements: The maximum possible score is 140 points. A cumulative score of 83 or less will not be acceptable for registration. A cumulative score of 84 plus (60%) is required for registration. If the applicant has scored a "Needs Improvement" (2) or an "Unacceptable" (1) rating in more than five categories this will not be acceptable for registration.

Advanced Requirements: The maximum possible score is 140 points. A cumulative score of 111 or less will not be acceptable for advanced registration. A cumulative score of 112 plus (80%) is required for advanced registration. The applicant is only allowed one "Needs Improvement" (2) and seven "Excellent" (5) must be scored

Program Components:

1. Osteofit Tip

- prepared and knowledgeable
- topic is from core curriculum
- instructor delivers tip in an interactive way
- minimum of 5 minutes

2. Warm up (limbering of upper, middle, lower body/moderate locomotion)

- dynamic range of motion for all major joints
- easy limbering of all major joints
- gradual increased rate of circulation
- avoids ballistic stretches
- include rehearsal movements for muscular strength portion of class
- minimum 10 minutes

3. Agility and Balance (creative, functional approach to reducing fall risk)

- choice of activities appropriate for ability of participants
- dynamic and static balance exercises included as appropriate
- activities include directional changes
- activities use safe and appropriate speed and reaction time

4. Muscular Strength (appropriate muscle groups, resourceful approach)

- alternation of upper and lower body exercises
- emphasis on postural muscles and movements to enhance activities of daily living
- adequate time allowed for strengthening to occur
- correct posture and body placement is demonstrated and taught
- instructor must demonstrate strength principles applied to specific muscles
- maximum 30 minutes

5. Stretch (appropriate muscle groups)

- selection of appropriate stretches
- Postural improvements targeted
- correct posture and body placement is demonstrated and taught

6. Relaxation and Visualization (tension release, muscle relaxation and breathing)

- progressive relaxation, deep breathing included
- encourages physiological and psychological relaxation
- visualization optional

Skills in Teaching:

- 1. Selection of exercises** (appropriate flow, variety)
 - exercises involve appropriate muscle groups
 - exercises follow logical sequence and flow smoothly from one position to the next
 - exercises are appropriate for stated training effect
- 2. Explanation** (verbal and non-verbal clarity, amount)
 - clear and concise instructions and demonstrations
 - expectations are clearly stated before and during class
 - instruction progresses from simple to complex
- 3. Safety** (precautions, correct technique, exercise selection considers limitations of facility)
 - avoidance of high risk exercises for those with osteoporosis
 - limitations of facility are considered including obstruction, cleanliness, temperature, floor surface, air circulation
 - placement of chairs and equipment provide for safe bending, lifting and carrying techniques
 - recommendations for pacing, breathing and body alignment are given and reinforced
 - excessive repetition and rapid ballistic movements are avoided
 - correct technique is both demonstrated and taught
 - exercise precautions are provided
 - provides alternative exercise modifications to adjust intensity
 - provides modifications for participants with postural compromises
- 4. Education** (provides positive learning environment and promotes individual awareness and recognition of needs)
 - able to suggest and demonstrate modifications
 - provides opportunity for feedback to and from participants
 - promotes cognitive learning
- 5. Teaching Techniques** (use of space, formation, introduction of new activities)
 - is concerned with maximum comfort for participants
 - instructor models safe bending, lifting, and carrying techniques
 - exercises and instructions help to develop positive self-image for all
 - instructor changes teaching position and maintains eye contact
 - planning for change of direction, movement, varied formations and maximum use of space
 - able to use demonstration with explanation
 - novel ideas and equipment incorporated into program

Professional Leadership Qualities:

- 1. Planning** ((creative, organized, prepared, flexible to adapt)
 - lesson is creative, interesting
 - instructor does not need to refer to lesson plan, or prepare equipment during class
 - explanations, demonstrations, formations, and progressions are planned in advance
 - lesson meets stated goals and objectives
 - instructor is flexible to participants response

- 2. Language** (voice, body language, suitability)
 - voice is projected at level sufficient for group and size of facility
 - instructor adds feeling and expression to comments, avoiding monotone
 - clear pronunciation and projection of words
 - tone of voice is friendly, encouraging and expressive
 - verbal cues compliment demonstrations
 - correct use of grammar and basic anatomical terminology
 - movements are strong, energetic and precise
 - correct technique and body alignment is maintained

- 3. Manner** (enthusiasm, encouraging, motivating)
 - positive attitude and approach to class
 - respectful and polite to all participants
 - body language – energetic and enthusiastic
 - poised and confident with good sense of humor
 - effective communication exchange between instructor and participants
 - maintains eye contact and constant observation of class

- 4. Attitude** (responsible, sincere, professional)
 - instructor is available to spend extra time with individuals
 - instructor is punctual and prepared both mentally and physically to focus on participant and class
 - able to establish mutual trust and acceptance
 - indicates concern for safety and comfort of participants
 - demonstrates an enjoyment of teaching and appreciation of the values of fitness
 - instructor is available to answer questions and refer to healthcare professionals as required
 - appearance is neat, clean and suitable for activity