

AFLCA AQUATIC EXERCISE CERTIFICATION PRACTICAL ASSESSMENT FORM



Name: _____ Assessment Date: _____

Address: _____ Postal Code: _____

Phone #: (_____) _____ E-mail: _____

Class Type and Level: _____

Please use the following scale in the observation of the Leader:

0= unacceptable 1= needs improvement 2= good 3= excellent

Section 1: Class Components/Content	Score	Comments
Warm Up		
1. Intensity monitored and appropriate for class type and component		
2. Active ROM of all joints/major muscle groups		
3. Rehearsal movements, large muscle groups included		
4. Flow of movements is smooth		
5. Postural alignment cues given		
6. Safe technique described and demonstrated		
7. Demonstrates understanding of water principles and thermoregulation		
8. Proper use and set-up of equipment		
9. Progression is gradual		
10. Music tempo, volume and mood appropriate		
11. Length appropriate for group and class		
12. Safety precautions given		
TOTAL — must score at least 24/36 in this section to pass assessment		
Cardiovascular Component (if applicable)		
1. Intensity appropriate for class type, component		
2. Speed of execution appropriate/safe		
3. Movements safe, controlled		
4. Lower body- variety, balance, safe, water appropriate		
5. Upper body- variety, balance, safe, water appropriate		
6. Smooth flow and progression		
7. Postural alignment cues given		
8. Intensity checks appropriate		
9. Alternatives/options given		
10. Proper use of equipment		
11. Utilizes water principles to increase/decrease intensity		
12. Travels in all directions		
13. Music tempo, volume and mood appropriate		
14. CV cooldown- appropriate length, intensity		
15. CV cooldown- minimizes overcooling		
TOTAL — must score at least 30/45 in this section to pass assessment		

Muscle Conditioning		
1. Intensity appropriate for class type, component		
2. Speed of execution appropriate/safe		
3. Balance between agonist/antagonist, right/left		
4. Movements safe, controlled		
5. Number of reps appropriate for goals		
6. Postural alignment cues given		
7. Alternatives/options given		
8. Demonstrates and describes correct technique		
9. Avoids high risk exercises		
10. Proper use of equipment and set-up		
11. Proper breathing reminders		
12. Uses appropriate terminology, muscle names		
TOTAL — must score at least 24/36 in this section to pass assessment		

Flexibility/Relaxation		
1. Upper body stretches- appropriate and safe		
2. Lower body stretches- appropriate and safe		
3. Stretches held for minimum of 10 seconds		
4. Alignment cues properly utilized / conveyed		
5. Alternatives/options given; keeps class warm		
6. Music tempo, volume and mood appropriate		
7. Uses appropriate terminology, muscle names		
8. Relaxation segment included		
TOTAL — must score at least 16/24 in this section to pass assessment		

Leadership		
1. Arrives at least 10 minutes early		
2. Introduces self as AFLCA certified, explains class format and goals		
3. Faces group as much as possible; effectively uses deck and/or in-water teaching based on class needs		
4. Verbal cueing is concise, appropriate terminology, timely		
5. Visual cueing is precise, clear, timely, appropriate		
6. Effectively breaks down complicated movements		
7. Effectively introduces new activities/ exercises		
8. Safety precautions given		
9. Correct alignment demonstrated		
10. Uses various teaching techniques		
11. Interacts with class		
12. Gives permission, options		

Personal		
1. Confident, in control of class		
2. Voice- clearly heard, concise, varies tone		
3. Organized and prepared		
4. Observes class at all times, eye contact, provides corrective feedback		
5. Flexible to group needs		
6. Encouraging and motivating		
7. Positive attitude		
8. Encourages feedback		
9. Appropriate clothing, footwear worn		
10. Personal safety guidelines followed, i.e. safe use of mat, chair, movements		
TOTAL — must score at least 44/66 in this section to pass assessment		

Additional Comments: _____

Goals for the Future: _____

AFLCA Trainer Name: _____
(please print)

Trainer Signature: _____
(Non-AFLCA trainers must contact the AFLCA for approval to assess leader for certification)

AFLCA Trainer ID# or Qualification _____

- Recommend for certification/recertification
- Second observation required