

The following exam is based upon the Jessica Power-Cyr's article "How to be a Great Presenter". These ongoing exams are offered to AFLCA certified leaders in each edition of the "Fitness Informer" or can be downloaded from the web site at www.provincialfitnessunit.ca, as an opportunity to gain Continuing Education Credits. Submission deadline: March 31, 2008.

Please be aware that answers may involve application of the information from the article and not simply recall. Worth: One AFLCA Credit.

CEC Multiple Choice Exam – Circle your answer. Mail this exam and your log book (which will be returned) to the AFLCA. Good luck and be sure to include your name and return address.

Name: _____

Address: _____

CEC Multiple Choice Exam

1. When preparing for a presentation, the experienced presenters focus on 4 points:
 - a. Presenting with an Impact Intended Audience, Titles & Descriptions and Workshop Material
 - b. Intended Audience, Workshop Material, Titles & Descriptions and Communication
 - c. Passion, Workshop Material, Titles & Descriptions and Presenting with an Impact
 - d. Intended Audience, Workshop Material, Communication & sell yourself

2. As a fitness presenter, what kind of group of people may you be presenting to:
 - a. Other fitness professionals
 - b. Business executives
 - c. Only A
 - d. Both A & B

3. What guidelines should you follow when developing your own personal presenting style:
 - a. Understand your strong points, be yourself, be passionate about the topic, sell yourself, be memorable and be clear
 - b. Stand up straight, make eye contact, use body movement, and make an effort with your appearance.
 - c. Use your own words, be passionate about the topic, sell yourself, be clear, be memorable and most importantly be yourself
 - d. None of the above

4. Many people decide if they will attend your presentation solely on the title alone.
 - a. True
 - b. False

5. Which of the following is *not* non-verbal communication?
 - a. Body Posture
 - b. Tone of Voice
 - c. Facial Expressions
 - d. Physical Appearance
 - e. Talking

6. When preparing the workshop material what simple guidelines should you follow:
 - a. Do you homework
 - b. Check out the competition
 - c. Speak directly from the heart or the mind
 - d. All of the above
 - e. A & B

7. Is it important to ask yourself what is it that makes you quirky, funny, and unique to help you stand out from the rest?
 - a. True
 - b. False

8. In the first paragraph Jessica described how great presenters make you passionate about their subject, how do they do this?
 - a. They just show up for their presentation
 - b. They sell you their product
 - c. They've just got it naturally
 - d. Lengthy presentations with plenty of Power Point slides

9. By speaking directly from the heart or the mind we exude more passion about the subject and in turn this allows us to be ourselves.
 - a. True
 - b. False

10. Do you think physical appearance makes an important impression on your participants
 - a. True
 - b. False