



British Columbia Recreation and Parks Association

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Form D

Instructor Competency Evaluation (ICE)
"Pilates Fitness" Specialty Module

Candidate's Name _____

Address _____

City _____ Telephone (H) _____ (W) _____

Class Type _____ Level (circle one): Basic / Advanced

Evaluation Date _____

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

B. Skill Development *Please see reverse side for details

Table with 7 columns: A. Lesson Development, Selection of Exercises, Explanation, Modifications, Safety, Breath, Teaching Techniques. Rows include Warm-Up/Preparatory Movements, Exercises, Exercise Sequencing, and Class Conclusion.

Comments (specific) Subtotal /120

1. Warm-Up/Preparatory Movements: _____

2. Exercises: _____

3. Exercise Sequencing: _____

4. Class Conclusion: _____

C. Professional Qualities

1. Planning (prepared, organized, adaptable, creative) 1 2 3 4 5

2. Language (voice, body language, suitability) 1 2 3 4 5

3. Manner (enthusiastic, encouraging, motivating) 1 2 3 4 5

4. Attitude (responsible, sincere, professional) 1 2 3 4 5

Comments (general)

Subtotal /20

WRITTEN LESSON PLAN AND CLASS RESUME TO BE ATTACHED HEREIN

Total /140

Name of Evaluator _____

Basic=98/140=70% Advanced + 112/140 = 80%

Telephone _____ Address _____

City _____ Postal Code _____

Evaluator's Signature _____ Date _____ Candidate's Signature _____

Pilates Fitness Specialty Module

Instructional Competency Evaluation Scoring Explanation

This evaluation is the standardized form used to qualify the competency of potential Fitness Leaders.

Purpose: The Pilates Fitness Ice is intended to create an evaluation which is clear, easy to follow, provides standards and encourages consistency. The following categories of scoring have been broken down to a priority rating scale. This is meant to provide a base which all evaluators can judge from to ensure standards are met.

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 97 or less will not be acceptable for registration. A cumulative score of 98 plus (70%) is required for registration. If the applicant has scored a "Needs Improvement" (2) or a "Below Standard" (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"s (5) must be scored.

A. Lesson Development

- Appropriate selection of exercises for a beginner Pilates mat class
- Primary purpose of exercises are described
- Level of intensity is appropriate with modifications given for different levels within class
- Correct body alignment, movement and pacing is demonstrated and taught

B. Skills in Teaching

1. Selection of Exercises (*appropriate flow, variety, well-rounded*)

- Correct demonstration in terms of body alignment and movement
- Exercises involve a variety of muscle groups and provide muscle balance
- Exercises follow logical sequence and flow smoothly from one position to the next
- Exercises are appropriate for stated purpose
- Variety demonstrated

2. Explanation (*verbal and non-verbal*)

- Introductions and guidelines are given
- Clear, concise instructions and demonstration
- Sufficient information is given to guide participants safely (i.e. cueing of proper body alignment, movement and breath)
- Instruction progresses from simple to complex
- Primary purpose of exercise is described

3. Modifications (*selection, quality*)

- Recommendations for pacing, breathing and body alignment are given and reinforced
- Provides alternative exercise modifications
- Able to suggest and demonstrate modifications

4. Safety (*precautions, correct technique*)

- Correct technique demonstrated and taught, precautions and modifications given
- Recommendations for pacing, breathing and body alignment are given and reinforced
- Avoidance of high risk/contraindicated exercises
- Limitations of facility are considered including obstruction, cleanliness, temperature, floor surface, air circulation, appropriateness of mats
- Maintains visual observation of participants
- Health screening (ie. PAR-Q) is administered for each participant

5. Breath (*promotes individual awareness appropriate to exercise selection*)

- Demonstrates Pilates breathing technique
- Instruction promotes the relationship between breath and movement
- Promotion of education regarding breath

6. Teaching Techniques (*use of space, introduction of new movements*)

- Concern with comfort of participants, facility design, best viewing position, glare, light reflection
- Instructor monitors class and adapts cueing and demos appropriately
- Selection of exercises help promote success for participants

C. Professional Leadership Qualities

1. Planning (*creative, organized, prepared, flexible to adapt*)

- Explanations, demonstrations, formations, and progressions are planned in advance
- Lesson is creative, interesting and has intent
- Instructor is well prepared (lesson plan) with ability to adapt when needed

2. Language (*voice, body language, suitability*)

- Movements are strong, energetic and precise
- Clear pronunciation and projection of words
- Tone of voice is friendly, encouraging and expressive
- Verbal cues compliment demos
- Voice is projected at level sufficient for group and size of facility

3. Manner (*enthusiasm, encouraging, motivating*)

- Positive attitude and approach to class, respectful and confident
- Body language – energetic and enthusiastic
- Effective communication exchange between instructor and participants
- Maintains constant observation of class

4. Attitude (*responsible, sincere, professional*)

- Instructor is prepared both mentally and physically to focus on participants and class
- Indicates concern for participants (i.e. individual needs)
- Demonstrates an enjoyment of teaching and appreciation of the values of wellness
- Instructor is available to answer questions and provide information wherever possible
- Appearance is neat, clean and suitable for activity