

## FITNESS NB POLICIES AND PROCEDURES CERTIFICATIONS

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Policy #: 97003C    **Evaluation Tools**

*Updated and approved by Board: **July 17, 2014***

**Rationale:** Evaluation tools were designed to be used to evaluate specific fitness classes highlighting performance standards set out by FNB. Therefore, it is important that the Evaluators use the tool pertaining to the type of fitness class being evaluated as indicated in the policy.

**Policy:**

- The Choreography evaluation tool should only be used to evaluate high/low land CFL classes. This class is an overall group fitness class containing, aerobic, basic strength and flexibility components.
- The step evaluation tool is to be used to evaluate SFL classes. Basic strength can only be included if the leader is certified as a CFL or PEFL.
- The portable equipment evaluation tool is to be used to evaluate PEFL classes.
- The indoor cycling evaluation tool is to be used to evaluate ICFL classes.
- The Aquafit evaluation tool is to be used to evaluate only deep and shallow end AFL classes.
- The Older Active Adult evaluation tool is to be used to evaluate O AFL classes.
- The Yoga evaluation tool is to be used to evaluate YFL classes.
- The resistance training tool is to be used to evaluate RTL which involves orienting a client to the weight training facility by showing how to execute the exercises within the program.
- The Personal Training tool is to be used to evaluate PFTs setting up basic and advanced programs for clients as per a specific scenario and producing a training program as well as showing how to execute the exercises within the program for that specific client described in the scenario.

Effective Date: **July 17, 2014**