

# Exam Assessment Guide

Teaching Skill	6 Insufficient application & knowledge	7 Limited application & knowledge	8 Sufficient application & knowledge	9 Considerable application & knowledge	10 Extensive application & knowledge
<b>Postural Analysis</b>	<ul style="list-style-type: none"> <li>▸ verbalized findings for few sections of checklist</li> <li>▸ stated few findings systematically &amp; correctly</li> <li>▸ palpated few bony landmarks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ verbalized findings for less than half of sections of checklist</li> <li>▸ stated less than half of findings systematically &amp; correctly</li> <li>▸ palpated less than half of bony landmarks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ verbalized findings for approximately half sections of checklist</li> <li>▸ stated partial findings systematically &amp; correctly</li> <li>▸ palpated partial bony landmarks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ verbalized findings for majority of sections of checklist</li> <li>▸ stated majority of findings systematically &amp; correctly</li> <li>▸ palpated majority of bony landmarks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ verbalized findings for all sections of checklist correctly</li> <li>▸ stated all findings systematically &amp; correctly</li> <li>▸ palpated all bony landmarks correctly</li> </ul>
<b>Stated Focus of Workout</b>	<ul style="list-style-type: none"> <li>▸ did not relate focus to findings of p.a.</li> <li>▸ stated generic focus with no muscular emphasis</li> <li>▸ did not incorporate client's history</li> <li>▸ incorporated no B.P.s into focus</li> </ul>	<ul style="list-style-type: none"> <li>▸ related focus to few findings of p.a.</li> <li>▸ stated generic focus with little muscular emphasis</li> <li>▸ did not incorporate client's history</li> <li>▸ incorporated no B.P.s into focus</li> </ul>	<ul style="list-style-type: none"> <li>▸ related focus to approximately half findings of p.a.</li> <li>▸ gave partially accurate muscular emphasis based on approx. half of p.a.</li> <li>▸ incorporated little of client's history</li> <li>▸ incorporated some of B.P.s into focus</li> </ul>	<ul style="list-style-type: none"> <li>▸ related focus to majority of p.a.</li> <li>▸ gave accurate muscular emphasis based on majority of p.a.</li> <li>▸ incorporated client's history</li> <li>▸ incorporated majority of B.P.s into focus</li> </ul>	<ul style="list-style-type: none"> <li>▸ related focus to full p.a.</li> <li>▸ gave accurate muscular emphasis based on entire p.a.</li> <li>▸ incorporated client's history</li> <li>▸ incorporated all B.P.s into focus</li> </ul>
<b>Understanding of the Five Basic Principles</b>	<ul style="list-style-type: none"> <li>▸ not clear on B.P.s and their purpose and importance</li> <li>▸ not clear how to incorporate into workout</li> </ul>	<ul style="list-style-type: none"> <li>▸ taught and explained little of each section of B.P.s (see attached)</li> <li>▸ did not teach appropriate type or adequate amount of movements to effectively have client experience B.P.s</li> <li>▸ used no anatomical cues to assist client</li> <li>▸ did not correct client</li> </ul>	<ul style="list-style-type: none"> <li>▸ taught majority of points for each section of B.P.s (see attached) with partial explanation of what, why and how</li> <li>▸ taught some appropriate movement / exercises to effectively have client experience B.P.s</li> <li>▸ used little or no anatomical cues and a lot of imagery to cue</li> <li>▸ missed corrections required to assist client</li> </ul>	<ul style="list-style-type: none"> <li>▸ accurately taught points in each section (see attached)</li> <li>▸ explained the what, why and how of each B.P.s</li> <li>▸ taught appropriate movement / exercises for each B.P.s</li> <li>▸ cued and corrected client through each principle with imagery and anatomical cues</li> </ul>	<ul style="list-style-type: none"> <li>▸ taught all points in each section (see attached)</li> <li>▸ explained the what, why and how of each B.P.s</li> <li>▸ taught appropriate movement / exercises for each B.P.s</li> <li>▸ used very clear and concise imagery and anatomical cues to assist client</li> <li>▸ cued and corrected flawlessly</li> </ul>
<b>Programming Skills</b>	<ul style="list-style-type: none"> <li>▸ exercises chosen did not follow the stated focus</li> <li>▸ exercises were not appropriate for the client's physical ability and goals (based on history)</li> <li>▸ program was not well-rounded</li> <li>▸ program did not make the best use of the equipment involved</li> </ul>	<ul style="list-style-type: none"> <li>▸ exercises chosen followed few points from the stated focus</li> <li>▸ few exercises were appropriate for the client's posture, strengths and mobility</li> <li>▸ program met few goals of the client</li> <li>▸ program was slightly well-rounded</li> <li>▸ program rarely made the best use of the equipment involved</li> </ul>	<ul style="list-style-type: none"> <li>▸ some exercises chosen followed the stated focus</li> <li>▸ some exercises were appropriate for the client's physical ability and goals</li> <li>▸ program sometimes made the best use of the equipment involved</li> </ul>	<ul style="list-style-type: none"> <li>▸ most exercises chosen followed the stated focus</li> <li>▸ most exercises were appropriate for the client's physical ability and goals</li> <li>▸ program often made the best use of the equipment involved</li> </ul>	<ul style="list-style-type: none"> <li>▸ all exercises chosen followed the stated focus</li> <li>▸ all exercises were appropriate for the client's physical ability and goals</li> <li>▸ program consistently made the best use of the equipment involved</li> </ul>

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<b>Ability to Cue</b>	<ul style="list-style-type: none"> <li>▸ generic cueing</li> <li>▸ no imagery</li> <li>▸ no anatomical or tactile cues</li> <li>▸ no cues enforced B.P.s</li> <li>▸ no cues specific to client</li> <li>▸ unable to articulate effectively to client</li> </ul>	<ul style="list-style-type: none"> <li>▸ generic cueing</li> <li>▸ little imagery</li> <li>▸ few anatomical or tactile cues</li> <li>▸ few cues enforced B.P.s</li> <li>▸ few cues specific to client</li> <li>▸ unable to articulate effectively to client</li> </ul>	<ul style="list-style-type: none"> <li>▸ good variety of cues (imagery-based, tactile, anatomical)</li> <li>▸ majority of cues enforced B.P.s</li> <li>▸ majority of cues specific to client</li> <li>▸ articulated effectively to client most of the time</li> </ul>	<ul style="list-style-type: none"> <li>▸ good balance of cues (imagery-based, tactile, anatomical)</li> <li>▸ majority of cues enforced B.P.s</li> <li>▸ cues almost always specific to client</li> </ul>	<ul style="list-style-type: none"> <li>▸ exceptional and accurate cueing</li> <li>▸ well balanced combination of cues (imagery-based, tactile, anatomical)</li> <li>▸ majority of cues enforced B.P.s</li> <li>▸ cues always specific to client</li> </ul>
<b>Ability to Correct</b>	<ul style="list-style-type: none"> <li>▸ unable to correct effectively</li> <li>▸ unable to anticipate what may occur for each exercise</li> <li>▸ unable to promote safe and conscious movement</li> </ul>	<ul style="list-style-type: none"> <li>▸ unable to correct effectively most of the time or corrected effectively for very few exercises</li> <li>▸ unable to anticipate what may occur for each exercise</li> <li>▸ inconsistent promotion of safe and conscious movement</li> </ul>	<ul style="list-style-type: none"> <li>▸ used appropriate tools to correct with adequate results and for adequate number of exercises</li> <li>▸ has ability to anticipate what may occur for adequate number of exercises</li> <li>▸ promoted safe and conscious movement adequately</li> </ul>	<ul style="list-style-type: none"> <li>▸ ensured proper alignment and execution for majority of exercises</li> <li>▸ has ability to anticipate what may occur for majority of exercises</li> <li>▸ promoted safe and conscious majority of time</li> </ul>	<ul style="list-style-type: none"> <li>▸ always ensured proper alignment and execution of exercises</li> <li>▸ has ability to anticipate what may occur for each exercise</li> <li>▸ promoted safe and conscious movement all of the time</li> </ul>
<b>Ability to Modify for Subject</b>	<ul style="list-style-type: none"> <li>▸ modifications were not made to suit the needs of the client</li> <li>▸ props were not used effectively to assist the execution of the exercise</li> </ul>	<ul style="list-style-type: none"> <li>▸ few exercises were modified appropriately to suit the needs of the client</li> <li>▸ props were seldom used effectively</li> </ul>	<ul style="list-style-type: none"> <li>▸ some exercises were modified appropriately to suit the needs of the client</li> <li>▸ props were sometimes used effectively</li> </ul>	<ul style="list-style-type: none"> <li>▸ most exercises were modified appropriately to suit the needs of the client</li> <li>▸ props were often used effectively</li> </ul>	<ul style="list-style-type: none"> <li>▸ every exercise was modified appropriately to suit the needs of the client</li> <li>▸ props were always used effectively</li> </ul>
<b>Knowledge of Content</b>	<ul style="list-style-type: none"> <li>▸ poor knowledge of exercises (start positions, breath patterns, movement patterns )</li> <li>▸ unable to articulate exercise essences</li> <li>▸ did not answer spot checks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ inconsistent knowledge of exercises (start positions, breath patterns, movement patterns)</li> <li>▸ exercise essences articulated little of the time</li> <li>▸ did not answer spot checks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ knew adequate number of exercises (start positions, breath patterns, movement patterns)</li> <li>▸ accurately articulated exercise essences an adequate amount of the time</li> <li>▸ answered spot checks adequately</li> </ul>	<ul style="list-style-type: none"> <li>▸ knew majority of exercises (start positions, breath patterns, movement patterns)</li> <li>▸ accurately articulated exercise essences majority of time</li> <li>▸ answered majority of spot checks correctly</li> </ul>	<ul style="list-style-type: none"> <li>▸ knew all exercises (start positions, breath patterns, movement patterns)</li> <li>▸ accurately articulated exercise essences all of the time</li> <li>▸ answered all spot checks correctly</li> </ul>

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<b>Teaching Manner</b>	<ul style="list-style-type: none"> <li>▶ did not motivate or encourage client</li> <li>▶ poor verbal skills</li> <li>▶ not confident and/or unfriendly</li> <li>▶ did not create a rapport with client</li> <li>▶ poor attitude</li> <li>▶ poor control</li> </ul>	<ul style="list-style-type: none"> <li>▶ inconsistent in motivating and encouraging client</li> <li>▶ inconsistent verbal skills</li> <li>▶ not confident and / or friendly and unable to create rapport with client much of the time</li> <li>▶ inconsistent attitude</li> <li>▶ inconsistent control</li> </ul>	<ul style="list-style-type: none"> <li>▶ motivating and encouraging majority of time</li> <li>▶ good verbal skills</li> <li>▶ confident and friendly majority of time</li> <li>▶ created a rapport with client</li> <li>▶ good attitude</li> <li>▶ good control</li> </ul>	<ul style="list-style-type: none"> <li>▶ motivating and encouraging majority of time</li> <li>▶ very good verbal skills</li> <li>▶ confident and friendly majority of time</li> <li>▶ created a rapport with client</li> <li>▶ very good attitude</li> <li>▶ very good control</li> </ul>	<ul style="list-style-type: none"> <li>▶ motivating and encouraging all the time</li> <li>▶ exceptional verbal skills</li> <li>▶ confident and friendly all the time</li> <li>▶ created a rapport with client</li> <li>▶ excellent attitude</li> <li>▶ excellent control</li> </ul>
<b>Rhythm and Pace</b>	<ul style="list-style-type: none"> <li>▶ unable to complete exam requirements within allotted time</li> <li>▶ unable to transition effectively and create flow to workout</li> <li>▶ no rhythm within individual exercises (exercise timing)</li> <li>▶ B.P.s compromised</li> <li>▶ did not teach minimum required number of exercises</li> </ul>	<ul style="list-style-type: none"> <li>▶ completed exam requirements slightly over allotted time</li> <li>▶ inconsistent exercise timing</li> <li>▶ inconsistent transitioning and flow to workout</li> <li>▶ inconsistently paced workout for client w/o compromising B.P.s</li> <li>▶ did not teach minimum required number of exercises</li> </ul>	<ul style="list-style-type: none"> <li>▶ completed exam requirements within allotted time</li> <li>▶ adequate exercise timing</li> <li>▶ adequate transitioning and flow to workout</li> <li>▶ adequately paced workout for client w/o compromising B.P.s</li> <li>▶ taught minimum required number of exercises</li> </ul>	<ul style="list-style-type: none"> <li>▶ completed exam requirements within allotted time</li> <li>▶ appropriate exercise timing majority of time</li> <li>▶ very good transitioning and flow to workout</li> <li>▶ very good and appropriate pace for client w/o compromising B.P.s</li> <li>▶ taught minimum required number of exercises</li> </ul>	<ul style="list-style-type: none"> <li>▶ completed exam requirements within allotted time</li> <li>▶ excellent exercise timing</li> <li>▶ excellent transitioning and flow to workout</li> <li>▶ excellent and appropriate pace for client w/o compromising B.P.s</li> <li>▶ taught minimum required number of exercises</li> </ul>