



PROGRAM SPINAKER



Assessment Form for Conducting Pro-health Exercise Session

In the recruitment process for the NEPPE training, the applicants who do not have the confirmation of qualifications of an exercise professional prepare a short video material.

The video material confirms the ability to plan and conduct pro-health exercise session and should meet the following requirements:

1. The exercise session is conducted with at least one adult participant;
2. The material is supplied in the video file, not exceeding the size of 800 MB;
3. The exercise session can be conducted anywhere (in the gym, at home, outdoors).
4. Any sports equipment can be used in the session, but it is not necessary (only exercises with own body resistance can be used);
5. A person participating in the exercise session as a client, before starting the recording, must give written consent to the recording and use of their image in the recruitment process. The applicant may be asked to send this consent to the NEPPE training organizer.

The material is assessed in accordance with the following criteria (all skills must attain at least the score of 1):

No	The applicant presents following skills:	Scores (0-3)*
1.	plans the correct structure of the exercise session (warm-up, main part, cool down);	
2.	correctly selects exercises, their difficulty and intensity appropriate to the abilities of the client;	
3.	safely organizes the exercise session, e.g. in terms of proper use of exercise equipment, removing dangerous objects from the exercise site, checking the client's preparation and readiness to participate in the session;	
4.	demonstrates the exercises correctly;	
5.	monitors the intensity, e.g. observing the client, asking questions, with the Borg's RPE scale, pulsometer;	





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6.	depending on the client's performance, modifies the intensity and difficulty of the exercises, e.g. using breaks, breathing exercises, changing the tempo of exercise or adapting exercises;	
7.	clearly instructs the client about the correct technique of the exercise, e.g. about the starting position, breathing pattern, technical tips;	
8.	informs participants about the purpose of individual exercises and health benefits, e.g. "in these exercises we stimulate the cardiovascular system, strengthen the abdominal muscles", "thanks to these exercises you will prevent backache", etc.	
9.	notices the technical mistakes of the client and reacts to them, (e.g. by changing the exercise, modifying, instructing, commenting), and enforces the correct exercise technique from the client;	
10.	greet and says goodbye to the client and makes eye contact;	
11.	asks the client about the well-being at the beginning, during and at the end of the session;	
12.	motivates the client to the physical effort during the session and encourages to participate in future classes;	
13.	*presents communication and interpersonal skills (including making eye contact with the client, talking to the client in a friendly manner, smiling and treating the client with respect)	
14.	uses professional language in contact with the client;	
15.	presents an appropriate level of motor preparation, which enables proper technique demonstration and proper course of the exercise session;	
16.	wears sports clothes and shoes, appropriate to the environment of the exercise session.	
Total score:		
*0 – failed, 1 – sufficient, 2- good, 3 – very good		

