
INSTRUCTOR PERFORMANCE EVALUATION



INSTRUCTOR- PERFORMANCE EVALUATION

NAME: _____ DATE: _____ :

CLASS TYPE: _____ CLASS TIME: _____ :

SCORING SYSTEM: YES =1 and No =0 TOTAL= 60

There comes a time when every leader needs feedback on his/her performance. The following evaluation was developed to aid leaders through positive and specific feedback. This tool is intended to help every leader become the best leader they can be.

BACKGROUND:

- _____ Instructor has life guarding certifications or lifeguard on deck
- _____ Instructor is neat in appearance
- _____ Instructor wears appropriate clothing and footwear

ORIENTATION :

- _____ Instructor acknowledges / greets class prior to beginning; welcomes and introduces any new participants or guests.
- _____ Instructor asks if there are any non-swimmers in the pool
- _____ Instructor asks if there are any special needs or medical conditions
- _____ Instructor knows approximate water temperature/asks participants how H₂O feels
- _____ References given on content of class
- _____ Music is cued (if using)
- _____ Equipment is ready (if using)

BUOYANCY WARM UP SEGMENT:

- _____ Begins class on time (maximum 2 minute grace)
- _____ Organizes participants to utilize their correct water depth/ positions them in the water
- _____ Utilizes the properties of water (resists buoyancy, works at water speed)
- _____ Gives participants the basic aquatic fitness skills to succeed (scull, recovery, balance)
- _____ Keeps participants warm and comfortable and safe with the buoyancy warm up

CARDIOVASCULAR WARM UP:

- _____ Has a gradual increase in heart rate
- _____ Utilizes a method of monitoring intensity (RPE/Heart rate Monitor/ Talk test)
- _____ Utilizes music at appropriate volume
- _____ Encourages/demonstrates good body mechanics (on deck/in water)
- _____ Provides specific options for special populations or medical needs (within scope of practice)
- _____ Utilizes the music at an appropriate tempo
- _____ Reminds the participants about posture & technique & breathing
- _____ Encourages participants to go at own level through self paced exercise
- _____ Introduces basic terminology/moves and 2-4 working positions

CONDITIONING SEGMENT: CARDIOVASCULAR/MUSCLE CONDITIONING

- _____ Understands the difference between cardiovascular and muscular endurance
- _____ Know the muscle names
- _____ Gradually increases intensity & complexity
- _____ Instructor utilizes appropriate "simulated" speed in water or on deck
- _____ Communicates appropriately for a variety of fitness levels (visual & verbal cueing)
- _____ INTEGRATES muscle work with cardiovascular sets as to not fatigue muscles prior to breathing
- _____ Performs exercise with appropriate repetitions so participants may “master” the moves
- _____ Progresses smoothly from less complex to more complex movement patterns
- _____ Explains and suggests how to increase/decrease intensity appropriately
- _____ Utilizes both long & short lever movements to prevent muscle fatigue
- _____ Balances musculature appropriately (especially hamstrings, tibialis anterior, ab/adductors, abdominals)
- _____ Utilizes travel movements appropriately (and cues the arms to assist/resist or balance)
- _____ Explains purpose and exercise goal (and how it pertains to their goals)
- _____ Balances rebound moves with suspended or neutral moves
- _____ Re-checks or monitors intensity through talk test/perceived exertion (and adjusts accordingly)
- _____ Provides a good balance between Motivation and Education

WARM DOWN:

- _____ Stretches tight muscles actively or statically (if the water temperature allows it)
- _____ Adjusts or adds appropriate music for relaxing or finishing program
- _____ Demonstration of appropriate movement speed (on deck or in the water)
- _____ Provides participants with a feeling of rejuvenated
- _____ Give a fit tip or information on upcoming events – so that participants go home yet remain motivated to come back
- _____ Participants remain thermal regulated
- _____ Thanks participants for coming out/answered questions as able or necessary

OVERALL:

- _____ Promotes interaction and fun
- _____ Participants remarked "it was good class"
- _____ Participants could see and hear and Understand instructions
- _____ Instructor maintains eye contact or an awareness of the group
- _____ Keeps class controlled (their attention & enthusiasm)
- _____ Provides interesting program which is generally motivating
- _____ Gets in the water to demonstrate moves and be part of group (at least some time)
- _____ Design a water fitness class specific to "water training not a land in the water" class
- _____ Provides a goal of helping people to function on land.
- _____ Provides visual cuing for directing travel and organizing group travel
- _____ Utilizes safe and low impact deck moves
- _____ Teaches participants the "skill" of how to "work" the water rather than just following along
- _____ Provides feedback (technical)/ invites questions and comments?

Instructors comments:

- Do you feel that you taught a good class? Y/N
- Were you comfortable? Y/N
- What would you differently if you had another evaluation?

Program Evaluation:

What did you like most about the Aquatic Fitness Program

What would you like to change or add _____

Are you interested in further educational programs? Y/N If so what programs?

Other questions or comments about WaterART Fitness International Inc.