Group Fitness Peer Evaluation

**Use the following symbols for the categories below to evaluate the instructor**

+ = GREAT job
✓ = acceptable
– = needs improvement

Class: _____________________________ Instructor: ___________________________

Evaluated by: _______________________

Today’s Date: ______________________

**Introduction:**

____ Greets class (announces upcoming events, introduces self, and explains type of class).

____ Reminds people to work at own pace, honor any injuries/limitations

____ Inquires about new participants

____ Previews movements

**Suggestions:**

_________________________________________________________________________________
_________________________________________________________________________________

**Warm up:**

____ Active warm-up (approx. 8-10 min. w/ activity-specific movements)

____ Cues safety and form

____ Instructor demonstrates proper form and technique

____ Familiar with music and appropriate BPM (on count/beat)

**Suggestions:**

_________________________________________________________________________________
_________________________________________________________________________________

**Main Portion:**

____ Uses cues (clear, concise and consistent– form, safety, motivational)

____ Demonstrates choreography that flows (transitions w/ musical phrase & movements performed w/ 8 counts) and is balanced (left/right leg & upper/lower body)

____ Moves are safe and controlled

____ Unique and creative movements patterns

____ Appropriate level of difficulty with modifications provided (progressions and regressions)

____ Proper posture and alignment expressed & maintained (full ROM w/out momentum)

____ Identifies muscles being utilized
Ensures participants use correct form (cues and corrects by walking around room)

Suggestions:

Stretch:

- Stretches all muscles that have been worked
- Emphasizes importance of stretching
- Stretch time, hold for efficiency
- Flows and matches format
- Class ends on time

Suggestions:

Personal:

- Class presented in an organized and professional manner
- Appropriate appearance
- Instructor enthusiasm
- Interaction w/ participants (eye contact)
- Rhythmic & Creative
- Voice clarity and volume
- Appropriate music volume & type
- Knowledge and Expertise in format

Suggestions: