

PERSONAL TRAINER SCORECARD



CONTESTANT NAME: _____

PARISH: _____

CONTESTANT NUMBER: _____

REQUIRED ACTIVITY	POINTS POSSIBLE	POINTS EARNED
WRITTEN EXAM (multiple choice, true/false, matching)	25 POINTS	_____
WORKOUT PLAN INCLUDES:		
• Client description: name, gender, age, height, weight, goal weigh, activity level, and any health concern.	5 POINTS	_____
• Addresses three (3) goals (4 strength exercises, core strengthening, aerobic endurance)	6 POINTS	_____
• Appropriate for suggested person	4 POINTS	_____
DEMONSTRATION ROTATIONS: STRENGTH, BALANCE, FLEXIBILITY, & AEROBIC		
• Strength - muscle group	20 POINTS	_____
• Flexibility & Balance	20 POINTS	_____
• Aerobic	10 POINTS	_____
OVERALL PRESENTATION		
• Organization and delivery	2 POINTS	_____
• Knowledge of subject matter	2 POINTS	_____
• Voice-pitch, tempo, volume	2 POINTS	_____
• Body language/clothing choice	2 POINTS	_____
• Responses to evaluator questions	2 POINTS	_____
TOTAL	100 POINTS	_____

COMMENTS:

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