



FITNESS & NUTRITION EXPERT PRACTICAL EXAM GUIDE

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FIT CHICKS “Rate of Perceived Exertion” CHART

PRE Perceived Rate of Exertion SCALE 1–10	% Max Heart Rate	How I’m Feeling		Description
1–4	< 50%		Aerobic, Endurance, Recovery	Barely working. Could do this all day!
5–6	55%			Just warming up or cooling down. Feeling a little toasty! You're breathing a little faster.
6.5–7	65%–70%		Aerobic	Breaking a sweat and breathing is getting faster (like a fast walk)
7.5	75%			Feels like work but you can sustain it
8	80%			Working hard! You can talk but its getting tougher
8.5	85%		Anaerobic	Sweating and working VERY hard but you can still push a little more
9	90%			Really pushing chicks! Can only stay here 30 secs – 1 min (you can do it!).
9.5	95%		Anaerobic	Breathing is very fast. Only stay here about 20 secs
10	100%			Max effort! This is your limit.

Working at your 9 out of 10.

To get the benefits HIIT, you NEED to push yourself past the upper end of your aerobic zone and allow your body to replenish your anaerobic energy system during the recovery intervals. At FIT CHICKS, we call this “Working at your 9 out of 10” to ensure our chicks are getting the max results from their high intensity interval bootcamp classes.

How to measure your 9 out of 10?

Working to your “9 out of 10” is part of the “RATE OF PERCEIVED EXERTION” (or RPE). This 1–10 scale is an easy, amazing way for any chick to measure her exercise intensity without having to use any equipment (ie a heart rate monitor).



FIT CHICKS® ACADEMY PRACTICAL EXAM – Fitness & Nutrition Expert Group Fitness Instructing & Personal Training Overview

It's time to show US what an awesome Fitness & Nutrition Expert you are by seeing you in action!

In order to successfully complete your certification, you are required to complete a final practical exam.

The practical exam will consist of 2 parts: Group Fitness & Personal Training.

The exam is to be filmed by the student and to be submitted as video files to a personal YouTube or Vimeo account and links sent to fne@fitchicks.ca

(Please note when using the Youtube channel please set the links to "unlisted" not "private" for us to be able to view).

The final exam is worth 25% of your final mark.

To submit your exam, please follow the instructions:

1. You are unable to complete your practical exam until you have Fitness Assignment #1 and 2 marked and returned.
2. Read each section below for full criteria. We have also included the evaluation sheet for you to understand what needs to be included in each section and how you will be graded. Please do NOT fill these out. They are for reference only.
3. Upload your completed practical exam videos and email the links to fne@fitchicks.ca with the subject line "Practical Exam: Your Name"
4. Final marked exams will be returned to your Dropbox.

Should you have any questions, please email Laura at fne@fitchicks.ca - GOOD LUCK!



SECTION 1: Personal Training Practical Exam

It's time to put all that you have learned in the Personal Training theory and co-op portion of the Fitness & Nutrition Program into action!

The practical exam must consist of a personal training session covering all mandatory fitness components as covered in the Fitness & Nutrition Expert Program and the practical exam scenario listed below..

What you will need to complete your exam:

- A smartphone or video recorder
- A personal training client to act as Jane – see below
- Weights, mat, paper and pen
- The FIT CHICKS Rate of Perceived Exertion (RPE) Chart
- *A Youtube or Vimeo Account (This is free to set up at www.youtube.com. The as the video files are very large so this is the best way to share them. Upload under "unlisted" settings and send the links to the video to fne@fitchicks.ca)

PRACTICAL EXAM SCENARIO

Below is the personal training scenario that you will use for your client.

Jane is a 30 year old female looking to build strength. She is a level 1.

This is her first time working out with you so you will give her a fitness assessment using the Push Up Test.

After the fitness assessment, she is coming to you as an introductory session to learn how to do proper form for 4 resistance training exercises and complete a HIIT workout before she jumps in full force into the plan you have created for her

For the resistance training, she will be completing a squat with weights, chest press with weights, bicep curl and plank.

For the HITT workout, she will be completing an AMRAP for 3 min of 5 burpees, 10 jump lunges and 5 jumping jacks with weights.



WHAT YOU NEED TO SUBMIT

Using a real client to act as Jane, you will demonstrate your Personal Training skills on video. You will submit in 5 sections / videos.

IMPORTANT: Please make sure to review evaluation sheet below to make sure you include ALL required elements under each section in your video.

Video 1 (approx. 1-2 min):

- Introduce yourself and what you will be doing / workout with the client that day

Video 2 (approx. 2-3 min)

- Fitness Assessment: You will perform the Push Up test with Jane as her fitness assessment

Video 3 (approx. 5 min)

- Warm Up - Create a warm up based on the resistance training exercises listed to ensure she is properly warmed up
- HIIT Cardio: You will perform 3 rounds of the AMRAP as listed above

Video 4 (max 10 min)

- Resistance Training
- 4 Resistance training exercises as per the evaluation form

Video 5 (max 5 min)

- Cool down & Stretch as per evaluation form

All videos are to be titled as "PERSONAL TRAINING VIDEO 1: Your name" and uploaded to your Youtube or Vimeo Channel and links sent to fne@fitchicks.ca

A passing grade is 80%.



FITNESS & NUTRITION EXPERT PERSONAL TRAINING PRACTICAL EXAM – Evaluation Form

Name:

Date:

(Instructor Use only – do not fill out)

Intro to Personal Training	Mark	comment
Greets the client with enthusiasm, sets a positive tone for the session and makes them comfortable	/2	
Gives an overview of the session (ie what you are working that day) and relates it to their goals.	/5	
Asks client feedback and questions	/2	

Fitness Assessment		
Explains the push up test fitness assessment and why it is important to perform	/2	
Completes the Push Up Test as the fitness assessment	/5	
Interprets the Push Test Results and explains to client	/1	

Warm Up		
Explains a dynamic Warm Up and why it is important to do before a workout	/5	
Explains RPE chart and what level they should be at during warm up (also include how they should feel)	/3	
Monitors client to make sure they are at are the correct RPE	/1	

Cardio		
Explains what cardiovascular training is and what are the benefits	/5	
Explains RPE chart and what level they should be at during HIIT cardio (also include how they should feel)	/2	
Explain the difference between HIIT & LISS.	/2	
Teaches and demos correct exercises and use of equipment	/10	
Monitors client to make sure they are at are the correct RPE	/5	
Is high energy, supportive and engaging with clients	/2	



Resistance Training		
Explains what resistance training is and what are the benefits	/5	
Explains sets, reps, tempo and rest	/5	

LOWER BODY – Resistance Training: Squats with weights		
Explains the purpose and benefits of the exercise to the client.	/3	
Highlights the muscle(s) trained to the client.	/3	
Correctly demonstrates and coaches the exercise in a step by step format for their fitness level	/10	
Provides feedback to ensure proper technique.	/2	
Identifies exercise as a compound or a single joint movement.	/1	
UPPER BODY – Resistance Training: Chest Press with weights		
Explains the purpose and benefits of the exercise to the client.	/3	
Highlights the muscle(s) trained to the client.	/3	
Correctly demonstrates and coaches the exercise in a step by step format for their fitness level	/10	
Provides feedback to ensure proper technique.	/2	
Identifies exercise as a compound or a single joint movement.	/1	
UPPER BODY – Resistance Training: Bicep Curl		
Explains the purpose and benefits of the exercise to the client.	/3	
Highlights the muscle(s) trained to the client.	/3	
Correctly demonstrates and coaches the exercise in a step by step format for their fitness level	/10	
Provides feedback to ensure proper technique.	/2	
Identifies exercise as a compound or a single joint movement.	/1	
CORE– Resistance Training: Plank		
Explains the purpose and benefits of the exercise to the client.	/3	
Highlights the muscle(s) trained to the client.	/3	
Correctly demonstrates and coaches the exercise in a step by step format for their fitness level	/10	
Provides feedback to ensure proper technique.	/2	
Identifies exercise as a compound or a single joint movement.	/1	



COOL DOWN		
Explains the importance of a cooldown, what is static stretch and why it is important to do after a workout	/5	
Explain 3 benefits to adding stretching to your workout	/3	

STRETCHING		
Based on the resistance exercises above, provide and explain a stretch to do after each. Highlight muscles stretched and time for each:		
Squat	/3	
Push Up	/3	
Bicep Curl	/3	
Plank	/3	

PERSONAL TRAINER QUALITIES		
Communicates effectively and clearly	/5	
Displays confidence in speech and body language	/5	
Is a leader and motivates the client through positivity and encouragement	/5	
Is organized and prepared for the client	/5	

OTHER COMMENTS:



SECTION 2: Group Fitness Practical Exam

It's time to put all that you have learned in the Group Fitness theory and co-op portion of the Fitness & Nutrition Program into action!

The practical exam must consist of group fitness training covering all mandatory fitness components as covered in the Fitness & Nutrition Expert Program and the practical exam scenario as listed below..

What you will need to complete your exam:

- A smartphone or video recorder
- A min of 2 group fitness training clients to participate– see below
- Weight, mat, pylons, measuring tape, paper and pen
- Your Group Fitness Assignment / workout plan
- *A Youtube or Vimeo Account (This is free to set up at www.youtube.com. The as the video files are very large so this is the best way to share them. Upload under “private” settings and send the links to the video to fne@fitchicks.ca)

PRACTICAL EXAM SCENARIO

Below is the group training scenario that you will use for your participants

You are teaching a fierce, fun women's only group fitness class called the “FNE Fitness Party Potluck!” for a min of 2 participants. This workout is an HIIT workout that is a taste tester of 3 types of workouts for all levels.

This is their first time working out with you for a 4 week program so you will do starting measurements for each participant on the upper arms and waist only. This will be measured again in 4 weeks to see changes.

After the measurements, you will do the workout in 3 sections:

1. *Tabatas – Jump Squats*
2. *Mini Circuit – 3 stations of your choice (please see instructions below on requirements)*
3. *Partner work – 2 partner exercises of your choice (please see instructions below on requirements)*

Please note you have level 1, 2 and 3 so have options for each.

We will then cool down and do a group stretch.



WHAT YOU NEED TO SUBMIT

Using a min of 2 participants, you will demonstrate your Group Fitness training skills on video. You will submit in 7 sections / videos.

IMPORTANT: Please make sure to review evaluation sheet below to make sure you include ALL required elements under each section in your video.

Video 1 (approx. 1-2 min):

- Introduce yourself and what you will be doing / workout with the group that day

Video 2 (approx. 2-3 min)

- Measurements: You will perform measurements on the upper arm and the waist of each client

Video 3 (approx. 2-3 min)

- Warm Up - Create a warm up that includes 3 total body exercises

Video 4 (max 3 min)

- Tabatas: The tabata is jump squats. You must video tape teaching 2 rounds of tabatas (total 1 min)

Video 5 (max 5 min)

- Circuit: The circuit will include 3 stations: 1 strength upper body, 1 cardio, 1 strength lower body. You will set up stations using pylons and include a TIMED transition exercises (ie lunges to next station, jogging, etc)

Video 6 (max 5 min)

- Partner Work: The partner work will include 2 partner exercises of choice (1 strength based and 1 cardio). You must include each partner doing the exercise in your video.

Video 7 (max 5 min)

- Cool down & Stretch as per evaluation form

All videos are to be titled as "GROUP FITNESS VIDEO 1: Your name" and uploaded to your Youtube Channel and links sent to fne@fitchicks.ca

A passing grade is 80%.



FITNESS & NUTRITION EXPERT GROUP FITNESS PRACTICAL EXAM – Evaluation Form

Name:

Date:

(Instructor Use only – Do not fill out)

Intro to Group Fitness	Mark	comment
Greets the class with enthusiasm and introduce themselves	/2	
Introduces the upcoming workout clearly	/5	
Sets a positive and energetic tone for the class	/2	

Measurements		
Explains the measurements and why we do them	/2	
Completes the upper arm and waist measurement correctly	/5	
Lets the client know when we will be measuring again	/1	

Warm Up		
Explains a dynamic Warm Up and why it is important to do before a workout	/5	
Demonstrates 3 warm up exercises	/3	
Warm up is inline with the workout	/1	

WORKOUT: Tabata- Jump Squats		
Explains what is a tabata and what are the benefits	/5	
Explains RPE chart and what level they should be at during HIIT cardio (also include how they should feel during the hard interval vs recovery)	/2	
Demonstrate 2 rounds of tabata (ie not a full tabata, just 2 round 20-10 = 40 sec)	/10	
Offers levels and modifications	/3	
Teaches and demos correct exercises and use of equipment	/5	
Monitors client to make sure they are at the correct form	/5	
Is high energy, supportive and engaging with clients	/2	



WORKOUT: Circuit 3 stations		
Set up a mini circuit with 3 exercises (2 strength & 1 cardio include weights in each)	/3	
Demonstrates and explains the circuit	/10	
Explain transition times and exercises between circuits	/2	
Offers levels and modifications	/3	
Teaches and demos correct exercises and use of equipment	/5	
Gets clients to move efficiently between circuits	/1	
Monitors client to make sure they are at are the correct form	/2	
Is high energy, supportive and engaging with clients	/2	

WORKOUT: Partner Work		
Set up a 2 partner exercises – 1 cardio & 1 strength	/2	
Demonstrates and explains the exercises	/10	
Explain transition times and exercises between partners	/2	
Offers levels and modifications	/3	
Teaches and demos correct exercises and use of equipment	/5	
Gets clients to move efficiently between exercises	/1	
Monitors client to make sure they are at are the correct form	/2	
Is high energy, supportive and engaging with clients	/2	

COOL DOWN		
Explains the importance of a cooldown, what is static stretch and why it is important to do after a workout	/5	
Create and demonstrate a 3 exercise stretch routine	/3	
Demonstrates a flow between exercises	/1	
Encourages questions from clients and feedback	/1	
Wraps up the class and closes on a positive note	/1	

FITNESS INSTRUCTOR		
Communicates effectively and clearly	/5	
Displays confidence in speech and body language	/5	
Is a leader and motivates the client through positivity and encouragement	/5	
Is organized and prepared for the client	/5	



1. Be sure to read through everything we want and make notes if you have to. Referring to a clipboard is fine, or some Chicks have hung papers on the wall behind the camera with notes to refer to.
2. We know sometimes it is difficult to find a time/place to film with no distractions, but PLEASE do not have kids and pets on camera in the session. Even though this is online, it's still a professional final exam and it is unsafe to have children and pets walking around people using weights.
3. Make sure your client is wearing running shoes and have all of your participants wear appropriate footwear and clothing. Your clients shouldn't have jeans on to workout, they won't be able to have full range of motion.
4. Please try to have your phone/camera on a tripod or propped on a table for recording (or someone with a very steady hand) these are difficult to mark if the camera work is extremely jumpy.
5. All of your participants should be over 16.
6. Please test your audio before filming them all. Some have been submitted when you can barely hear the trainer. We wouldn't want you to have to refilem the exam because we can't hear you.
7. On the same note, while you may think music is a good idea (and of course it is for a real class!), we discourage it since often it makes it hard to hear the trainer, especially if you place the music beside your phone. Additionally with YouTube copyright, chicks in the past have had issues uploading when they used music.
8. Almost 90% of chicks lose marks because they do not list the benefits of the resistance training exercises. For each exercise on the PT exam (squat, chest press, biceps curl, planks) You need to list what muscles are working AND the benefit of each exercise.
9. When you do your resistance training section, please try to follow the flow of the marking sheet. Talk about the first exercise, demonstrate it, have the client perform it. In a real PT session you would never demo all of the exercises for the session, then have the client go through them all. You would explain the exercises as you go so the client is able to remember the cues.
10. The squat is a weighted squat, however this does not mean it is a squat with a shoulder press or bieps curl etc. Please just keep it to a lower body movement.
11. The chest press should be performed on the floor like a barbell bench press. If your client cannot get on her back for any reason, then demo on the floor and have her do it standing up.
12. Walk around and always check form from all angles. Don't be afraid to get close to the client(s) and if their form is not good, please at least try to correct it. If they can't get it then give them a modification.

FIT CHICKS® Academy Fitness & Nutrition

Expert Practical Exam Checklist



When preparing for your Practical Exam, please make sure that you answer YES to all questions below to ensure you are covering all elements required. Please note that if you have underage clients, lack of proper workout attire, an unsafe workspace and children and pets in the video, we will ask you to resubmit. This is a professional exam.

- ✓ Are your clients over the age of 16?
- ✓ Do you AND your client have proper footwear and workout clothing?
- ✓ Is the area safe and free of clutter?
- ✓ Have you reviewed the Practical Exam Evaluation Sheet prior to preparing to ensure you are including ALL required elements in each video & scenario? (Please read carefully to make sure you talk about all the required elements and know what you will be marked on)
- ✓ Have you printed off the workouts you will be teaching?
- ✓ Have you printed off the FIT CHICKS Rate of Perceived Exertion Chart to use during the exam?
- ✓ Do you have a measuring tape, timer, weights, mats and equipment (if applicable) for the personal training and group training portions?
- ✓ Do you have a video recorder or smartphone to record and have set up a Youtube channel? (please set all links to Unlisted)
- ✓ Have you tested your video and sound to make sure it records?
- ✓ Have you practiced before filming the final product?
- ✓ Are you wearing proper workout clothes including running shoes?
- ✓ Most important, have you taken a moment to get into the fierce fitness mindset, ready to have some fun and bring your awesome personality and energy? 😊

*GOOD LUCK CHICKS!
Laura & Amanda - FIT CHICKS Academy*

