PRACTICAL HOURS OBSERVATION REVIEW

Hey Chick,

As part of your practical hours in the Fitness & Nutrition Expert Program, you are required to attend/participate in a minimum of 2 fitness classes of choice OR watch a minimum of 2 workout videos (you can also do a combo of both.)

* Example of Fitness Classes to attend: HIIT Classes, BodyPump, Bootcamp, F45, Aerobics, Kickboxing, etc
* Example of Videos to watch: Jillian Michaels, Beachbody videos: 80 Day Obsession, P90x, Shaun T., Kathy Smith

You can select the style of fitness classes which most interests you. You can also do the same brand or gym for both classes (example: Goodlife Les Mills Classes) but it cannot be the same class style (example: you can review a BodyPump and Body Attack but not 2 BodyPump classes.)

In order to confirm completion, please fill out a review for each class or video and submit to [assignments@fitchicks.ca](mailto:assignments@fitchicks.ca) with the title “Observation Reviews Sheet – Your Name”.

* Please submit both reviews together.

Have fun!

FIT CHICKS

|  |
| --- |
| **CONFIDENTIAL - Property of FIT CHICKS®/ LAJQ CHICK ENTERPRISES INC. Not to be reproduced, reformatted or redistributed.www.fitchicks.ca** |

**PRACTICAL HOURS OBSERVATION REVIEW FORM**

**Observation Review 1:**

Please fill the form below:

1. Please provide a short description of the class you attended or video you reviewed including, name, date, location, time it was held, length of class or video, cost, and type of training.
2. Why did you select this class or video?
3. Based on your experience, how would you rate the event based on the following:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Poor | OK | Met Expectations | Great | Exceeded Expectations |
| Workout was effectively introduced |  |  |  |  |  |
| Warm-up |  |  |  |  |  |
| Flow of workout |  |  |  |  |  |
| Effective use of space |  |  |  |  |  |
| Effective use of equipment |  |  |  |  |  |
| Challenge to all levels |  |  |  |  |  |
| Levels/modifications for exercises uses |  |  |  |  |  |
| Cool Down |  |  |  |  |  |
| Stretch |  |  |  |  |  |
| Final wrap up |  |  |  |  |  |
| Instructors energy |  |  |  |  |  |
| Instructors motivation |  |  |  |  |  |
| Instructors provided levels/modifications |  |  |  |  |  |
| Instructor demonstrations |  |  |  |  |  |
| Music |  |  |  |  |  |
| Price |  |  |  |  |  |
| Offerings |  |  |  |  |  |
| Marketing |  |  |  |  |  |
| Messaging |  |  |  |  |  |
| Atmosphere/vibe |  |  |  |  |  |
| Value of content |  |  |  |  |  |
| Overall value |  |  |  |  |  |
| Would this class or video be helpful to recommend to a client? |  |  |  |  |  |
| Other (please specify) |  | | | | |

1. What was your overall review of the class or video? Please include examples from the class or video.
2. In relation to fitness instruction or class set-up, please list a minimum of 3 areas you feel were effective and successful (ex. The flow of the class, the exercises were innovative, etc.)
3. In relation to fitness instruction or class set up, please list a minimum of 3 areas you feel they could improve on (ex. Better music, slow down explanations, instructor needs to improve on energy, etc.)
4. If attended a class, how was the class marketed? Did the marketing reflect the class? If watching a video, did the DVD cover or video explanation reflect the workout?
5. Would you attend this class or do this workout video again? Please explain why or why not.
6. Would you recommend this event to a client? Please explain?

**Observation Review 2:**

Please fill the form below:

1. Please provide a short description of the class you attended or video you reviewed including, name, date, location, time it was held, length of class or video, cost, and type of training.
2. Why did you select this class or video?
3. Based on your experience, how would you rate the event based on the following:

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
|  | Poor | OK | Met Expectations | Great | Exceeded Expectations |
| Workout was effectively introduced |  |  |  |  |  |
| Warm-up |  |  |  |  |  |
| Flow of workout |  |  |  |  |  |
| Effective use of space |  |  |  |  |  |
| Effective use of equipment |  |  |  |  |  |
| Challenge to all levels |  |  |  |  |  |
| Levels/modifications for exercises uses |  |  |  |  |  |
| Cool Down |  |  |  |  |  |
| Stretch |  |  |  |  |  |
| Final wrap up |  |  |  |  |  |
| Instructors energy |  |  |  |  |  |
| Instructors motivation |  |  |  |  |  |
| Instructors provided levels/modifications |  |  |  |  |  |
| Instructor demonstrations |  |  |  |  |  |
| Music |  |  |  |  |  |
| Price |  |  |  |  |  |
| Offerings |  |  |  |  |  |
| Marketing |  |  |  |  |  |
| Messaging |  |  |  |  |  |
| Atmosphere/vibe |  |  |  |  |  |
| Value of content |  |  |  |  |  |
| Overall value |  |  |  |  |  |
| Would this class or video be helpful to recommend to a client? |  |  |  |  |  |
| Other (please specify) |  | | | | |

1. What was your overall review of the class or video? Please include examples from the class or video.
2. In relation to fitness instruction or class set-up, please list a minimum of 3 areas you feel were effective and successful (ex. The flow of the class, the exercises were innovative, etc.)
3. In relation to fitness instruction or class set up, please list a minimum of 3 areas you feel they could improve on (ex. Better music, slow down explanations, instructor needs to improve on energy, etc.)
4. If attended a class, how was the class marketed? Did the marketing reflect the class? If watching a video, did the DVD cover or video explanation reflect the workout?
5. Would you attend this class or do this workout video again? Please explain why or why not.
6. Would you recommend this event to a client? Please explain?