



FITNESS & NUTRITION EXPERT
PRACTICAL EXAM GUIDE
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FITCHICKS® 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 **to be submitted together**:

1. Group Fitness
2. 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 assignments@fitchicks.ca using the "Practical Exam Video Submission Links" form.

(Please note: when using the YouTube channel, set the links to "unlisted" NOT "private" in order for us to view.)

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

To submit your exam, please follow the instructions below:

1. You cannot complete your practical exam until you have Fitness Assignment 1 & 2 marked and returned, and your group fitness and personal training practical hours evaluation forms submitted.
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 your reference only.
3. Review the "Practical Exam Prep Guide" to make sure you are ready to ace your practical.
4. Upload your completed practical exam videos to YouTube or Vimeo.
5. Copy and paste the links into the "Practical Exam Video Submission Links" form and email this form to assignments@fitchicks.ca with the subject line: "Practical Exam: YOUR NAME"
6. **BOTH Personal Training and Group Fitness links MUST be submitted together.**
7. Final exams will be marked and returned to you within 15 business days.

Should you have any questions, please email Jess 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 practical hours portion of the Fitness & Nutrition Expert 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 video files are very large so this is the best way to share them. Upload under “unlisted” in settings and copy and paste the links into the “Practical Exam Video Submission Links” form and email this form to assignments@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 for an introductory session before she jumps in full force into the plan you have created for her. In this session she wants to learn how to do proper form for 4 resistance training exercises, and to complete a HIIT workout.

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

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



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 the 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 Jane is properly warmed-up
- HIIT Cardio: You will perform 3 rounds ONLY of the 3 minute AMRAP as listed above (5 burpees, 10 jump lunges, and 5 jumping jacks with weights.)

Video 4 (max 10 min):

- Resistance Training
- 4 Resistance Training exercises as per the evaluation form (1 set of each exercise)

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. Links are to be copied and pasted into the “Practical Exam Video Submission Links” form and emailed to assignments@fitchicks.ca.

A passing grade is 80%

*If you do not meet the following safety standards it is an automatic fail:

1. Does not demo exercises
2. Demonstrates form incorrectly
3. Does not correct clients form
4. Video does not capture full body of both the trainer and client
5. Improper fitness attire and an unsafe environment

FITNESS & NUTRITION EXPERT PERSONAL TRAINING PRACTICAL EXAM – Evaluation Form



Name:

Date:

(Instructor Use only – Do not fill out)

VIDEO 1: 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	

VIDEO 2: FITNESS ASSESSMENT	MARK	COMMENT
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	
Monitors client to make sure they have proper form and corrects form if necessary	/3	
Interprets the Push Test Results and explains to client	/1	

VIDEO 3: WARM-UP	MARK	COMMENT
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	

HIIT CARDIO	MARK	COMMENT
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 have proper form and corrects form if necessary	/10	
Monitors client to make sure they are at the correct RPE	/5	
Is high energy, supportive and engaging with clients	/2	

VIDEO 4: RESISTANCE TRAINING	MARK	COMMENT
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	MARK	COMMENT
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 (including breathing pattern)	/10	
Monitors client to make sure they have proper form and corrects form if necessary	/5	
Identifies exercise as a compound or a single joint movement.	/1	
UPPER BODY – RESISTANCE TRAINING: CHEST PRESS WITH WEIGHTS	MARK	COMMENT
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 (including breathing pattern)	/10	
Monitors client to make sure they have proper form and corrects form if necessary	/10	
Identifies exercise as a compound or a single joint movement.	/1	



UPPER BODY – RESISTANCE TRAINING: BICEP CURL	MARK	COMMENT
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 (including breathing pattern)	/10	
Monitors client to make sure they have proper form and corrects form if necessary	/10	
Identifies exercise as a compound or a single joint movement.	/1	
CORE – RESISTANCE TRAINING: PLANK	MARK	COMMENT
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 (including breathing pattern)	/10	
Monitors client to make sure they have proper form and corrects form if necessary	/10	
Identifies exercise as a compound or a single joint movement.	/1	
VIDEO 5: COOL DOWN	MARK	COMMENT
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	MARK	COMMENT
Based on the resistance exercises below, provide and explain a stretch to do after each. Highlight muscles stretched and time for each:	/5	
Squat	/3	
Chest Press	/3	
Biceps Curl	/3	
Plank	/3	

PERSONAL TRAINER QUALITIES	MARK	COMMENT
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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 practical hours portion of the Fitness & Nutrition Expert 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 listed below.

What you will need to complete your exam:

- A smartphone or video recorder
- A minimum of 2 group fitness training clients to participate – see below
- Weights, mat, pylons, measuring tape, paper, and pen
- Your Group Fitness Workouts/Plan – see below
- *A YouTube or Vimeo account. (This is free to set up at www.youtube.com. The video files are very large so this is the best way to share them. Upload under “unlisted” in settings and copy and paste the links into the “Practical Exam Video Submission Links” form and email this form to assignments@fitchicks.ca)

PRACTICAL EXAM SCENARIO

Below is the group fitness 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 minimum of 2 participants. This workout is a 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 – 1 partner drill with 2 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 minimum 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 the 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 arms 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 minute)

Video 5 (max 5 min):

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

Video 6 (max 5 min):

- Partner Work: The partner drill will include 2 exercises of choice (1 strength and 1 cardio)
 - You must include each partner doing the each exercise in your video and working together to make it a partner drill

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 or Vimeo channel. Links are to be copied and pasted into the "Practical Exam Video Submission Links" form and emailed to assignments@fitchicks.ca.

A passing grade is 80%

*If you do not meet the following safety standards it is an automatic fail:

1. Demonstrates form incorrectly
2. Does not correct clients form
3. Improper fitness attire and a unsafe environment



FITNESS & NUTRITION EXPERT GROUP FITNESS PRACTICAL EXAM – Evaluation Form

Name:

Date:

(Instructor Use only – Do not fill out)

VIDEO 1: 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	/3	

VIDEO 2: MEASUREMENTS	MARK	COMMENT
Explains measurements	/2	
Completes the upper arm and waist measurement correctly	/5	
Informs the client when we will be measuring again	/1	

VIDEO 3: WARM-UP	MARK	COMMENT
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 in line with the workout	/1	

Video 4: Tabata- Jump Squats	Mark	Comment
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	
Correctly demonstrates and explains the exercise and use of equipment (including breathing pattern)	/10	
Offers levels and modifications (all 3 levels offered)	/3	
Clients demonstrate 2 rounds of tabata (ie not a full tabata, just 2 rounds of 20s on/10s off = 60 secs total)	/5	



Monitors clients to make sure they have proper form and corrects form if necessary	/10	
Is high energy, supportive and engaging with clients	/2	

Video 5: Circuit 3 stations	Mark	Comment
Set up a mini circuit with 3 exercises (2 strength & 1 cardio include weights in each)	/3	
Demonstrates and explains the circuit (ie. How the circuit works)	/5	
Correctly demonstrates and explains the exercises and use of equipment (including breathing pattern)	/10	
Explain transition times and transition exercises	/2	
Offers levels and modifications (all 3 levels offered)	/3	
Gets clients to move efficiently between circuits	/1	
Monitors clients to make sure they have proper form and corrects form if necessary	/10	
Is high energy, supportive and engaging with clients	/2	

Video 6: Partner Work	Mark	Comment
Set up a 2 partner exercise drill – 1 cardio & 1 strength	/2	
Correctly demonstrates and explains the exercises and use of equipment (including breathing pattern) The partners are working together in some manner	/10	
Explain transition times and exercises between partners	/2	
Offers levels and modifications (all 3 levels offered)	/3	
Gets clients to move efficiently between exercises	/1	
Monitors clients to make sure they have proper form and corrects form if necessary	/10	
Is high energy, supportive and engaging with clients	/2	

Video 7: COOL DOWN	Mark	Comment
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	Mark	Comment
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:

