

Instructor Evaluation Form

Lawrence Biscontini, MA

Instructor Name _____ Date _____

Location _____

Class Name/Type _____

Evaluator _____

Class Statistics

Instructor Arrival Time _____

Class Scheduled Start Time _____ Instructor Started Class Time _____

Class Scheduled End Time _____ Instructor Ended Class Time _____

Class Introduction

Class Introduction and Instructions (Was the purpose of the experience explained?) _____

“Intensity” explained? YES NO“Modifications” explained? YES NO“Special populations” addressed? YES NO“Legal” music sources? YES NOPertinent announcements made? YES NOClass maintained appropriate cohesiveness? YES NO

Number of Participants _____ Counted at _____ (time)

Beats Per Minute of Music (if applicable) _____ Counted at _____ (time)

(Guidelines: Step 118–126, Low Impact 130–145, High/Low Impact 140–155)

Instructor Qualifications & Presentation

Instructor Certification(s) _____ Exp. _____

CPR Certifying Body _____ Exp. _____

Instructor Apparel (uniform, professional, etc.) _____

Evaluation Summary

Additional Comments/Evaluator Summary _____

Follow-up _____

By What Date _____

I have read, understand, and acknowledge the above evaluation. The Evaluator has reviewed all major sections of this evaluation with me.

Evaluator Initials _____ Instructor Initials _____

Please enter a number for each box below. 1 = Needs Improvement/Unacceptable 2 = Acceptable 2+ = Proficient 3 = Exemplary N.O. = Not Observed					
	Warm-up	Class Body	Cool-down	Totals	Comments
Movement General attention to Safety (no high-risk movements)					
Balanced Muscle Groups selected					
Range of Motion safely and progressively manipulated					
Intensity safely and progressively manipulated					
Choreography and/or Complexity safely and progressively manipulated					
Movement Transitions smooth and within guidelines					
Instructor Form (posture, alignment, range of motion, precision, and strength) Stretching (as appropriate)					
Class Design/Class Flow					
Music Music Volume and Tempo					
Instructor Musicality (awareness of phrasing, movement on downbeat, counting, mic., minimal playlist manipulation)					
Communication					
Instructor Cueing (Overall Score) verbal/directional/preview					
Use of Voice (enunciation, diction, quality)					
Instructor as Leader (enthusiasm, role model with guidelines, fair treatment of all)					
Instructor as Educator (precise terminology, referrals as appropriate)					
Instructor as Personal Coach (modifications, personalizes class, eye contact)					
Appropriate Timing for and closure to each section					
			Total		
Scoring					
51–70 Instructor Needs Improvement		102–136 Above Average Instructor			
70–102 Average Instructor		136–153 Superior to Exemplary Instructor			

Do more of this (suggestions for creating a true experience):

Do less of this:

Keep this:
