

NAFTA AQUA AEROBIC PRACTICAL EXAM

INSTRUCTOR NAME: _____

LOCATION: _____

DATE: _____

Points: _____

Points: 1 – Fail 2 – Unsatisfactory 3 - Acceptable

Total Points

108-135 Points

Pass

107-Below Points

Fail

| | Technique | Form | Safety | Total |
|--------------------------|-----------|------|--------|-------|
| Warm Up | | | | |
| Thermal Warm-up | | | | |
| Aerobic Warm-up | | | | |
| Aerobics | | | | |
| Arm/Chest/Shoulders/Back | | | | |
| Quadriceps | | | | |
| Gluteals/Hamstrings | | | | |
| Erector Spinae | | | | |
| Hip Abductors | | | | |
| Abdominals | | | | |
| Hip Adductors | | | | |
| Cool Down | | | | |
| Flexibility | | | | |
| Cueing | | | | |
| Presentation | | | | |