

## Assessment Rubric for Beginner Flexibility Certification

Sections	Requirements	Scoring
Short cardio-based warm-up	Adequate warm-up for the muscle groups being worked.	5 points
Specific warm-up	Dynamic warm up in preparation for the final pose. No static stretches included.	10 points
Strengthening	Provides end range of motion strengthening exercises. Appropriately timed in the session.	10 points
Self-Myofascial Release (SMR)	Demonstrates the area to be targeted, instructs participants and appropriately times. Selected SMR is appropriate for the final pose. A minimum of three (3) unique areas must be worked on in the session.	10 points
Static stretches	A minimum of five (5) accessory stretches are demoed, instructed to participants and timed appropriately. Selected stretches are appropriate for the final pose. Use of one psychological approach is clearly used in at least one (1) stretch.	20 points
Final pose	Explanation and demonstration of the final pose.	10 points
Cueing	Throughout the entire session	10 points
Spotting & Correction	Correction provided throughout the session by the instructor. Spotting is used appropriately.	10 points (5 points each)
Communication	Clear communication with participant(s) throughout the session. Instructor checks for injuries before starting the session. Instructor is prepared and knowledgeable.	10 points
Flow of the session	There is a prepared plan by the instructor and the flow of the session is logical.	5 points
Feedback:		/100 points