

Name \_\_\_\_\_  
 Date \_\_\_\_\_  
 Period \_\_\_\_\_  
 Teacher \_\_\_\_\_

# Fitness Center Skills Assessment



**Fitness Center Skills Assessment:**

Fitness Center Skill		Attempts			Instructional Cues	
Safety		1	2	3		
1	Stays with partner					
2	Uses appropriate spotting					
3	Rotates correctly					
4	On task					
5	Does not disrupt others					
Weight Equipment		1	2	3		
1	Adjust equipment properly					<b>Full Range of Motion</b> 
2	Use appropriate weight (must be able to do at least 10 repetitions)					
3	Breathe out on Concentric Contraction and breathe in on Eccentric Contraction					
4	Use Full Range of Motion					
5	Use three second repetitions					
Cardio Equipment		1	2	3		
1	Adjust equipment to your specifications (different for each equipment)					
2	Use and maintain appropriate speed (jogging speed)					
3	Keep both feet on pedals at all times (treadmill; stay on mat)					
4	Use equipment properly (keep focused and face forward)					
5	Shut down equipment properly before entering/exiting					

	Evaluators	Name