

Exercise Evaluation Criteria

1. What is the objective of this exercise?

- Is the goal to improve cardiorespiratory fitness, muscular strength, balance, or flexibility, or a combination of two or more health- or skill-related components of physical fitness?

- Am I trying to teach an isolated or integrated movement?

- How does this movement or skill enhance the participants' ability to perform activities of daily living and improve overall functionality?

2. What muscle(s) are being worked during the exercise or skill?

- Which joint actions (and other movements) must be performed to achieve the objective safely?

- When using equipment, is the appropriate muscle(s) being sufficiently and safely challenged?

- When using body weight as resistance, is the body positioned appropriately against gravity?

3. Do the benefits of the exercise outweigh the potential risks?

- Does the exercise commence from a point of stability and add mobility as appropriate within a safe range of motion?

4. Can this movement or skill be scaled to various ability levels?

- Who are my participants?

- Am I prepared to offer progressions and regressions to ensure the success of all individuals?
