

PRACTICAL EVALUATION

By completing this Barre Intensity Interval Training (BIIT) course, you are BIIT trained and eligible to teach the BIIT technique once adequate practice time is completed and you feel ready. If you would like to be certified in the BIIT technique and recognized on our Barre Intensity website, a video submission is required.

Video Assignment: Your video submission test out assignment is to coach the Warm-Up, Circuit 1 and Circuit 2 of a BIIT class. Each circuit must contain all 4 Intervals (EHR, Strength 1, Strength 2, Strength 3) and repeat 3 times as you would do in an actual class. You are not required to submit Circuits 3 and 4. You are welcome to come up with your own choreography or use provided choreography from Barre Now www.barrenow.com. Video can be of just yourself coaching or can include class participants.

In order to pass your video test out submission, a score of 3 or higher must be received in each category:

ABILITY TO FOLLOW THE BIIT TIME GUIDELINES

Warm-Up, Intervals and breaks are timed according to the BIIT format.

1. Insufficient 2. Limited 3. Sufficient 4. Above Average 5. Impressive

ABILITY TO STICK WITH THE BEAT OF THE MUSIC

Moves follow the beat of the music with the exception of EHR exercises.

1. Insufficient 2. Limited 3. Sufficient 4. Above Average 5. Impressive

SELECTED APPROPRIATE CHOREOGRAPHY & TAUGHT WITH PROPER EXECUTION FOR EACH INTERVAL

Circuit choreography is orchestrated in a way that focus on heart rate elevation and muscle burn when applicable depending on the Interval.

1. Insufficient 2. Limited 3. Sufficient 4. Above Average 5. Impressive

PROVIDED OPTIONS TO INCREASE OR DECREASE INTENSITY

Started all choreography series at a baseline level and provided choreography options to increase or decrease intensity.

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive

USED A VARIETY OF VERBAL CUES

Verbal cued body positions, alignment and motivational cues throughout class.

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive

COACHED THE BIIT CLASS WITH HIGH ENERGY AND CLARITY

Upbeat personality, clearly understood voice, ability to mirror, walked the room to interact with participants if applicable.

1. Insufficient
2. Limited
3. Sufficient
4. Above Average
5. Impressive

For more information about the test out and to submit your information, visit
www.barreintensity.com/biittestout