



FINAL PRACTICAL EVALUATION

Full Barre Intensity Class

A score of 3 or higher in each category is required for a passing grade.

[Ability to provide verbal direction/set up of the exercises](#)

Including clarity and brevity. Set up in 5 commands or less.

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

[Ability to provide verbal cueing](#)

Cue beyond just the set up and action. Must hear alignment and motivational cues as well.

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

[Ability to incorporate variations in the exercises](#)

Can include any of the props or listed variations in the manual.

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

[Sequencing and flow](#)

Smooth transitions between exercises along with executing the same moves on both sides when applicable.

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 song at least 80% of the time.

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



[Ability to follow the outline of the Barre Intensity method](#)

Teach all sections listed per the Barre Intensity Class Outline.

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

[Ability to provide modifications](#)

Even if the subject does not need the modifications they should still be provided. At least three modifications must be stated throughout class.

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

[Class Presentation](#)

Upbeat personality, clear easily understood voice, ability to walk the room

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