

# VIDEO REVIEW SELF EVALUATION

## VIDEO REVIEW DUE DATE: \_\_\_\_\_

The self evaluation form can assist in helping you work more from your strengths. Use the checklist below to identify elements that you are doing really well and those that require your ongoing attention. When preparing for video review, work through the following checklist to ensure your presentation has met the fundamental requirements.

## VIDEO REVIEW CHECKLIST

### Have I:

- Recorded the whole class, including pre and post class interaction?
- Ensured there are some participants visible in the recording?
- Included a personal introduction stating your name, address and phone number?
- Viewed the entire class and ensured my form is clearly visible and I can be heard?
- An email address, or arranged with your supervisor to receive messages on your behalf
- Checked that your internet email settings are configured to accept incoming mail messages from scwfitness.com and not block them.

## REMEMBER THE CHOREOGRAPHY

### Did I:

- Show that I knew my choreography 100%
- Follow the correct format?
- Was I moving with the music and on the correct beat?

## INSTRUCT

### Did I:

- Use effective, concise cues?
- Use both Initial and Follow-up Cues?
- Use a wide variety of methods to cater to the needs of my class?
- Appear organized?
- Am I easily understood and followed by my class?

## PERFORM

### Have I:

- Demonstrated correct alignment and posture for each track?
- Demonstrated safe, effective movement and range?
- Demonstrated muscular strength and a high level of conditioning?

## PERSONALIZE

### Did I:

- Engage my participants in the workout, the music and ME?
- Appear to be open and approachable?
- Provide a journey of contrasts?

## LEAD

### Did I:

- Capture the look, energy and attitude of WATERinMOTION in each track?
- Capture the essence of WATERinMOTION?

## EXCITE

### Did I:

- Present a genuine persona?
- Introduce self and program?
- Hold final pose followed by positive comments about accomplishments?
- Offer thank you'd at the end?
- Present a genuine persona?
- Provide information and ask for feedback?