1. Create a list of 10 exercises that you would put into your own personal exercise routine and explain the proper alignment for each exercise and the muscle(s) that are being targeted.

|  |  |
| --- | --- |
| **Exercise** | **Proper Alignment & Target Muscle(s)** |
| **1** |  |
| **2** |  |
| **3** |  |
| **4** |  |
| **5** |  |
| **6**  |  |
| **7** |  |
| **8**  |  |
| **9**  |  |
| **10**  |  |

You will be graded on your ability to describe and demonstrate the exercises, ability to lead the class through the exercises using correct and motivational language, and providing appropriate feedback to the students as necessary.

The following rubric will be used to judge your performance.

**4 = Teacher! 3 = Advanced Practitioner 2 = Intermediate 1 = Beginner 0 = Doesn’t know exercises**

|  |  |  |
| --- | --- | --- |
| **Criteria** | **Rating** | **Comments** |
| Used correct language when describing the exercises and its actions.  | 4 3 2 1 0 |  |
| Demonstrated or gave directions of the exercises with correct alignment.  | 4 3 2 1 0 |  |
| Discussed accurate muscles targeted during the exercise. | 4 3 2 1 0 |  |
| Led the class through the exercise routine using correct and motivational language.  | 4 3 2 1 0 |  |
| Gave corrections where needed and made sure all students were safe in the exercises. | 4 3 2 1 0 |  |