



## **Group Fitness Independent Assessments**

An Independent Assessment with bigredball offers a way to get comprehensive and robust feedback about your group fitness class. By using an independent assessor you can get a measure of your group fitness strengths and growth areas neutral of your group fitness environment and internal measures.

### *What does an IA involve?*

The main part of the IA is a recording of your group fitness class which is marked against a thorough check sheet (in some areas we can do a live assessment)

Answers to written questions are submitted.

From this a profile is created.

We can also do a feedback sheet for your clients to complete.

### *I get assessed 'in house' all the time, what's the difference?*

If you are lucky enough to get regular in house assessments then that may well be enough as long as you are getting feedback that allows you to develop yourself further and get an understanding of what you are good at as well as what you need to improve.

An independent assessment allows for privacy, unless you choose to your completed assessment will not be passed on to anyone else.

### *What do I get when I finish?*

You will get 3 written reports as well as verbal feedback:

- 1) The full check sheet in which you have been assessed on including a movement analysis and your teaching techniques.
- 2) A report analysing your strengths, your work on areas and some recommendations for future learning and opportunities
- 3) An overview report, a condensed version of the above which can be useful as a reference for your CV or for your employer.

### *What are the benefits for me?*

Assessment can often be based on a pass/fail and on with the job. A bigredball IA assessment gives you a chance to get a thorough snapshot of where you are right now, it's about getting some constructive feedback but perhaps more importantly it gives you the opportunity to check in with what skills and talents you use allowing you to see where you can grow as an instructor.

### *How much does it cost?*

An IA assessment is \$199. For more information or to book an IA email [julz@bigredball.co.nz](mailto:julz@bigredball.co.nz) or call 021 833976