

Assessment



To become a ViPR Workout coach, you must pass a Technical Assessment by MOSSA. After completing training, you are a “rookie” until you have passed assessment and become a coach. You must pass assessment before you can deliver ViPR Workout to members at your facility.

TRAINING >> ROOKIE >> ASSESSMENT >> COACH

The assessment process ensures the following objectives are met:

- ▶ Coaches demonstrate competent movement quality and fundamental coaching skills
- ▶ Participants receive a safe and effective workout with every coach
- ▶ Facilities are ensured consistent delivery of ViPR Workout

The Technical Assessment includes two parts – ViPR Training Series and ViPR Workout. The rookie must pass both parts of assessment. This handout includes a copy of the ViPR Training Series assessment and the ViPR Workout assessment and criteria.

VIPR WORKOUT

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VIPR TRAINING SERIES

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ASSESSMENT

ViPR Training Series assesses the rookie’s movement competency across a variety of exercises and categories. These movements are not always included in every release, but they are common in ViPR Workout and represent fundamental movement patterns. Rookies practice ViPR Training Series during training. ViPR Training Series only assesses movement – rookies do not have to talk or cue during the assessment.

ViPR Workout assesses the rookie’s ability to direct and move during the workout. Rookies will be assessed on the specific ViPR Workout release used at the training they attended. Generally, rookies are assessed for their ability to role model the correct movements and programming while moving in time with the music, as well as for their ability to deliver fundamental coaching information like workout and phase introductions.

Assessment requires rookies to submit videos of themselves doing ViPR Training Series and ViPR Workout. It is best practice for rookies to assess themselves using the same assessment forms before submitting their assessment videos to MOSSA.

Video Guidelines

- ▶ Rookie must perform assessment videos at a facility licensed for ViPR Workout
- ▶ Camera must face the rookie directly (“head-on” instead of from an angle)
- ▶ Audio must be clearly audible during playback (microphone & music volume)
- ▶ Video must be visibly clear (full body in video, appropriate lighting)
- ▶ ViPR Workout must be taught to live group of at least 4 participants consisting of team members or other facility staff
- ▶ ViPR Workout must be filmed from start to finish without stopping the recording
- ▶ ViPR Training Series may be filmed separately from ViPR Workout
- ▶ Rookies must know the programming and cannot use Workout Guide or notes
- ▶ Acceptable video formats include DVD (standard DVD player format), USB flash drive, standard SD card, and YouTube links

Submission Guidelines

- ▶ Videos must be submitted no later than six weeks after rookie's training date
- ▶ Rookies must complete the Assessment Submission Form (included)
- ▶ There is NO additional charge for assessment
- ▶ Submit videos for both ViPR Training Series and ViPR Workout at the same time
- ▶ Make a back-up copy of both videos to keep for yourself
- ▶ For submissions via YouTube, follow the instructions available at www.mossa.net/instructors/assessment
- ▶ If you are submitting a DVD, please ensure that the entire DVD that you submit can be viewed on a standard DVD player (not just a computer data file). If the DVD cannot be viewed by the assessor, you will be required to resubmit your video in a readable format. Instructions for preparing your video for DVD submission can be found at www.mossa.net/instructors/assessment
- ▶ For submissions by mail, send video and Assessment Submission Form to:
MOSSA – Assessment Dept.
2130 Newmarket PKWY
Marietta, GA 30067
USA

Assessment results will be emailed to the rookie and their facility approximately two weeks after receipt of submitted materials. Rookies who receive a PASS for their assessment become ViPR Workout coaches and are qualified to teach ViPR Workout. No update or continuing education is required.

In order to PASS the ViPR Training Series assessment, rookies must meet 80% of the total assessment criteria for all categories combined. Additionally, each exercise must be performed exactly as performed on the ViPR Training Series video provided in training.

In order to PASS the ViPR Workout assessment, rookies must PASS each and every phase of the workout. This part of assessment is different because the phases are assessed individually. In order to PASS a phase of the workout, the rookie must receive no more than three NO marks in that phase and meet the essential criteria for that phase. Essential criteria include correct programming, moving in time with music (except Performance), and delivering ViPR Movement Guidelines (workout intro only).

Rookies who receive a FAIL for their assessment may resubmit new assessment videos at no cost within 30 days of receiving the result, according to the same guidelines outlined above. If the rookie failed only one part of the Technical Assessment, i.e. ViPR Training Series or ViPR Workout, then the rookie is only required to resubmit a new video for that part of the assessment. However, coaches may not submit partial videos for either ViPR Training Series or ViPR Workout.

Proper Practice Prevents Poor Performance

Once you have completed training, you are a rookie. Your next step will be practicing with your team and staff. We recommend the following training schedule in preparation for your assessment:

- ▶ Perform ViPR Workout at least two days per week with your team. Take turns coaching the workout to each other. Take every opportunity to video yourself.
- ▶ Perform ViPR Training Series at least two days per week on the days you are not doing ViPR Workout. Again, video yourself so you can assess your quality of movement.
- ▶ After approximately three to four weeks, start coaching team/staff workouts. These workouts will allow you to practice coaching while giving staff the opportunity to experience ViPR Workout.
- ▶ After approximately five to six weeks, video your assessment submissions according to the video and submission guidelines listed above.
- ▶ Once you receive notification that you have passed both components of assessment, you will be deemed a coach and will be qualified to deliver ViPR Workout to participants at your facility.



ViPR Workout Technical Assessment

Name: _____

This assessment is considered a technical assessment. The first item assessed is an ability to deliver a safe workout that is compliant to the minimum delivery safety standards of MOSSA. It assesses safety of the exercises found in ViPR Workout. The second item assessed is basic programming compliance skills.

Summary Assessment				
	Workout Intro & Prep	Vitality	Performance	Reconditioning
Does rookie deliver the required elements of an effective workout introduction ? ¹	Yes			
Does rookie deliver the recommended elements of an effective workout introduction ?	Yes			
Does rookie effectively deliver the phase name ?	Yes	Yes	Yes	Yes
Does rookie effectively deliver the phase objective ?	Yes	Yes	Yes	Yes
Does rookie demonstrate the ability to deliver the correct programming ? ²	Yes	Yes	Yes	Yes
Does rookie demonstrate the ability to move in time with music ? ²	Yes	Yes	Yes	Yes
Does rookie demonstrate the fundamentals of ViPR movement ?	Yes	Yes	Yes	Yes
Does rookie demonstrate the correct hold ?	Yes	Yes	Yes	Yes
Does rookie demonstrate the correct footprint ?	Yes	Yes	Yes	Yes
Does rookie demonstrate the correct handprint ?	Yes	Yes	Yes	Yes
Are workout and phase intros timely so that workout is completed within 30 minutes?	Yes	Yes	Yes	Yes
Track Comments	0	0	0	0
Phase Assessment Outcome	PASS	PASS	PASS	PASS

ViPR Workout Assessment Outcome

PASS

PASS

¹Rookie must explain **maintain long spine**, **driving through hips**, and **reaching through scapula**. Failure to do so will cause rookie to fail this phase of the workout.

²These criteria are essential for rookie to pass phase assessment.



ViPR Workout Assessment Criteria

This resource lists all of the criteria that the assessors evaluate during the video assessment process. Prior to submitting your video for assessment, you should review your video to ensure that you are meeting these minimal requirements.

Phase	Competency	Evaluation Criteria
Prep	Workout Intro	Describe the ViPR Workout
		Explain maintaining long spine*
		Explain driving through hips*
		Explain reaching through scapula*
		Explain starting small and then making bigger
		Explain using the whole body to work together as one unit
All Phases	Timing	Move faster
		Move slower
All Phases	Movement Fundamentals	Drive through the hips
		Maintain long spine
		Reach through scapula
		Move fluidly
		Progressively increase range of motion
All Phases	Hold	Use Neutral Grip
		Use Wide Grip (seams up)
		Use Narrow Grip
		Use Hands Around ViPR (HAV)
		Use Offset Neutral Grip
		Use Offset Narrow Grip
		Use Front Carry (hands in single grip)
		Use Shoulder Carry (hands in single grip)
		Use Single Grip (one hand like a suitcase)
		Use Offset Single Grip (one hand on end, one hand holding single grip)
		Use underhand Offset Single Grip (one hand on end, one hand holding single grip)
		Use one hand On End
		Use two hands On End
All Phases	Footprint	Move correctly in Frontal Plane (side to side) when appropriate. Refer to ViPR workout video for correct movement.
		Move correctly in Sagittal Plane (front to back) when appropriate. Refer to ViPR workout video for correct movement.
		Move correctly in Transverse Plane (rotational) when appropriate. Refer to ViPR workout video for correct movement.
		Refer to ViPR workout video for correct movement.
All Phases	Handprint	Move correctly in Frontal Plane (side to side) when appropriate. Refer to ViPR workout video for correct movement.
		Move correctly in Sagittal Plane (front to back) when appropriate. Refer to ViPR workout video for correct movement.
		Move correctly in Transverse Plane (rotational) when appropriate. Refer to ViPR workout video for correct movement.
		Refer to ViPR workout video for correct movement.

*These elements must be explained as part of workout intro. Failure to do so will cause rookie to fail this phase of the workout.

Name: _____

ViPR Training Series assesses a rookie's movement competency across a variety of movements, categories, and holds. These movements are not always included in every release, but they are common in ViPR Workout and represent fundamental movement patterns.

Tilts	
Exercise #1	
Does rookie maintain long spine?	Yes
Does rookie reach with scapula?	Yes
Does rookie crouch into legs?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Exercise #2	
Does rookie maintain long spine?	Yes
Does rookie drive with hips?	Yes
Does rookie reach with scapula?	Yes
Does rookie release back heel?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Lifts	
Exercise #1	
Does rookie maintain long spine?	Yes
Does rookie drive with hips?	Yes
Does rookie reach with scapula (lift with elbow)?	Yes
Does rookie keep ViPR close to body?	Yes
Do rookie's hips and shoulders face front in overhead lift?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Exercise #2	
Does rookie maintain long spine?	Yes
Does rookie drive with hips (avoiding overuse of shoulders)?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Shifts	
Exercise #1	
Does rookie maintain long spine?	Yes
Does rookie drive with hips?	Yes
Does rookie reach with scapula?	Yes
Does rookie allow entire body to rotate?	Yes
Does ViPR remain horizontal through movement?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Exercise #2	
Does rookie maintain long spine?	Yes
Does rookie reach with scapula?	Yes
Does rookie keep ViPR close to torso?	Yes
Does ViPR remain horizontal through movement?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes

Shlifts	
Exercise #1	
Does rookie maintain long spine?	Yes
Does rookie drive with hips (avoid overuse of shoulders)?	Yes
Does rookie push/pull with arms?	Yes
Does rookie release back heel?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Exercise #2	
Does rookie maintain long spine?	Yes
Does rookie drive with hips?	Yes
Does rookie allow hip shift during lateral movements?	Yes
Does rookie keep bottom end of ViPR near ankle?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Carries	
Exercise #1	
Does rookie maintain long spine?	Yes
Does rookie keep elbows lifted?	Yes
Does rookie maintain upright torso position?	Yes
Does rookie keep front foot flat, allowing knee and ankle to shift?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Exercise #2	
Does rookie maintain long spine?	Yes
Does rookie keep ViPR close to body?	Yes
Does rookie flex ankles, knees, and hips to land?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Drags	
Exercise #1	
Does rookie maintain long spine?	Yes
Does rookie drive with hips?	Yes
Does rookie reach with scapula?	Yes
Does rookie allow hips to shift (when on knees)?	Yes
Does rookie allow lower body rotation (when on toes)?	Yes
Does rookie maintain straight legs (when on toes)?	Yes
Does rookie keep shoulders above wrists?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes
Exercise #2	
Does rookie maintain long spine?	Yes
Does rookie drive with hips?	Yes
Does rookie reach with scapula?	Yes
Does rookie allow hips to shift (when on knees)?	Yes
Does rookie allow lower body rotation (when on toes)?	Yes
Does rookie maintain straight legs (when on toes)?	Yes
Does rookie keep shoulders above wrists?	Yes
Does rookie move rhythmically in time with music?	Yes
Does rookie perform exercise correctly per video? ¹	Yes

¹ A no for any of these questions will result in a fail.

* 13 or more "No" responses will result in a fail.

ViPR Training Series Assessment Outcome

PASS



MOSSA ASSESSMENT SUBMISSION FORM



Due Date _____

Rookie Name:		
Address:		
City:	State/Province:	Zip/Postal Code:
Phone: ()	Fax: ()	
Email:		
Facility Name:		
Facility Address:		
City:	State/Province:	Zip/Postal Code:
Phone: ()	Fax: ()	
Coordinator Name:		
Coordinator Email:		

Write the ViPR release that you are submitting for assessment. _____

Please ensure that ...

- Entire ViPR Training Series is included.
 - The first category, Tilts, is filmed from side.
 - The remaining five categories are filmed directly from front.
- Entire ViPR Workout is included.
 - Entire workout filmed directly from front, nonstop, from start to finish. (If recording device or YouTube splits video into multiple files or links, they will still be accepted.)
- Sound is clearly audible (music and voice).
- Rookie is clearly visible (full body).
- Assessment Submission Form is filled out completely.
- Video link is designated as "unlisted" if submitted via YouTube.

Assessment video will not be accepted if these criteria are not met.

Please send assessment video to:

MOSSA - Assessment Dept.
2130 Newmarket Parkway
Marietta, Georgia 30067 USA

or email video to:

assessment@mossa.net

