

Instructor 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 core, or foundational moves, found in each MOSSA program. The second item assessed is basic programming compliance skills. This assessment does not assess those additional skills that are indicative of filling group fitness rooms such as the ability to coach, connect with, and entertain an audience.

Summary Assessment

	Warm-Up	FirstDANCE	PartyDANCE 1	LowDANCE 1	CardioDANCE 1	LowDANCE 2	CardioDANCE 2	BreakDANCE	PartyDANCE 2	Finale	Cool Down
Does instructor effectively deliver track name ? ¹	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does instructor effectively deliver track objective ? ¹	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Are the track intros timely?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does instructor demonstrate the ability to deliver correct programming ? ²	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does instructor demonstrate the ability to move in time with music? ²	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the footwork and knee position correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Are the arm patterns correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the movement correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Does the instructor demonstrate the appropriate range of motion ?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Is the timing of the combination correct?	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes	Yes
Are the stretches performed correctly?											Yes
Track Comments ³	0	0	0	0	0	0	0	0	0	0	0
Does instructor pass track?	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES	YES

Overall Assessment Outcome

PASS

¹Track name and objective should be delivered within the first 30 seconds of the track.

²These criteria are essential for instructor to pass a track.

³In order to pass a track, there can be no more than 4 comments.

In order to pass a track, there can be no more than 3 NOs in a track

GROUP GROOVE ASSESSMENT CRITERIA



This resource lists all of the criteria that the assessors evaluate during the video assessment process. Please be aware that these criteria are for the standard version of each movement; however, the movement featured in each workout may vary slightly from the standard version. Instructors will be assessed according to how each movement is performed in the video for that workout, and variations may be noted by the assessors for each movement. Prior to submitting your video for assessment, you should review your video to ensure that you are meeting these requirements.

Criteria below can be applied to the following movements and corresponding variations.	
Entire Combo	Hip Circle
Walk Variations	Wide Step Tap
Step Variations	Hops/Jumps
Step Touch Variations	V-Step
Squat Variations	Grapevine
Knee Lift Variations	Turn Variations
Tap Variations	Weight Shift
Cha Cha Variations	Drop Variations
Run Variations	Leg Swivel
DbI Bounce Variations	Rock Step
Hip Variations	PBD
Chest Pump	Ball Change
Chassé	Mambo Variations

COMPETENCY		EVALUATION CRITERIA
ALL TRACKS	Footwork/Knee Position	Keep feet light and lifted
		Keep feet grounded and heavy
		Work on ball of feet, heels lifted, knees bent
		Movement needs more clarity and distinction
		Mechanics are incorrect; see video for correct execution
		Incorrect lead leg; see video for correct execution
		Consistently commit to movement
		Increase knee bend
		Decrease knee bend
	Arms	Display clarity and distinction
		Arms are incorrect; see video for correct execution
		Ensure arms are displaying intent and complement lower body; see video for correct execution
		Increase range of motion
		Consistently commit to movement
	Movement	Exhibit more freedom and looseness through torso
		Bend knees and flex hips to be lower to floor
		Rotate through hips and torso
		Exhibit more upright posture
		Consistently commit to movement
	Range of Motion	Increase lateral range of motion
		Increase range of motion moving front to back
		Increase vertical range of motion
		Increase overall range of motion
		Decrease overall range of motion
		Adjust range of motion to achieve physical combination objective
	Timing	See video for correct timing

EVALUATION CRITERIA

ACCURATE STRETCHES	Stretch/sequence not performed accurately; see video for correct execution
	T-Spine stretch sequence not performed correctly
	Anterior Chain stretch not performed correctly
	Medial Chain stretch not performed correctly
	Posterior Chain stretch not performed correctly
	Anterior Hip stretch not performed correctly
	C-Spine stretch not performed correctly
	Internal/External Hip stretch not performed correctly
	Hamstrings stretch not performed accurately
	Quadriceps stretch not performed accurately
	Gastroc/Soleus stretch not performed accurately
	Hip Flexors stretch not performed accurately
	Adductors stretch not performed accurately
	Abductors stretch not performed accurately
	Gluteus stretch not performed accurately
	Low Back stretch not performed accurately
	Rhomboids stretch not performed accurately
	Pectoralis Major stretch not performed accurately
	Anterior Deltoids stretch not performed accurately
	Deltoids stretch not performed accurately
	Latissimus Dorsi stretch not performed accurately
	Lateral Hip stretch not performed accurately
	Triceps stretch not performed accurately
	Biceps stretch not performed accurately
	Upper Trapezius stretch not performed accurately
	Spinal Flexors stretch not performed accurately
	Spinal Rotators stretch not performed accurately