VIDEO ASSESSMENT

SUBMISSION REQUIREMENTS + SELF-ASSESSMENT

01 ASSESSMENT POLICY

01 FIRST VIDEO

Included with your live or online training registration fee.

02 ADDITIONAL VIDEOS

Each additional Assessment costs $25 through the MOSSA Store.

03 ATTEMPTS ALLOWED

A maximum of three Assessment attempts is permitted.

After a third unsuccessful Assessment, you must repeat an in-person training before submitting another video.

A $25 fee applies if you submit a video that does not meet any mandatory (*) criterion below.

02 MANDATORY VIDEO CRITERIA

Items in this section are required to be marked "YES" before submission.

01 * Did you record yourself teaching at a facility licensed to run the MOSSA program being submitted? ☐ YES ☐ NO

02 * Is your recorded workout within the allowed 60 or 30 minutes (depending on the format), measured from the start of the workout introduction through the workout outro? ☐ YES ☐ NO

ACTUAL RUN TIME _____ MM:SS

03 * Is your video a single, continuous teaching experience? ☐ YES ☐ NO

04 * Is your camera facing you directly so your movements are clearly visible from the front? Ask participants to leave space in the middle of the floor for a clear view. For Group Ride and R30, is your camera positioned at a 45-degree angle? ☐ YES ☐ NO

05 * Did you deliver the workout without using program notes, handwritten notes, or the workout video? ☐ YES ☐ NO

02 MANDATORY VIDEO CRITERIA / CONTINUED

06	*	Did you watch your video before submitting it?	☐ YES	☐ NO
07	*	Did you meet the required minimum of 5 participants (or 6 for ATHLETE30), and were you teaching while facing the participants?	☐ YES	☐ NO
08	*	Are you and your movements fully visible, with your head, hands, and feet in frame at all times, and does your body fill approximately 80% of the frame?	☐ YES	☐ NO
09	*	Are the music and microphone volumes clear and not muffled?	☐ YES	☐ NO

03 PROGRAM-SPECIFIC MANDATORY CRITERIA

Complete only the section for the MOSSA program you are submitting.

ATHLETE30

	*	For ATHLETE30 Training Session Assessment, is the entire room in the camera frame? Use a wide-angle view or place the camera in a corner to capture the entire room.	☐ YES	☐ NO

GROUP ACTIVE

	*	Did you use the appropriate and required equipment (a STEP and adjustable dumbbells)?	☐ YES	☐ NO
	*	Are you standing in front of the STEP when appropriate, as role-modeled in the workout video?	☐ YES	☐ NO

GROUP CORE

	*	Did you use the appropriate program equipment in the correct configuration per the video (a STEP, a towel, and weight plates)?	☐ YES	☐ NO
	*	Are you standing in front of the STEP when appropriate, as role-modeled in the workout video?	☐ YES	☐ NO

PROGRAM-SPECIFIC REQUIREMENTS CONTINUE ON PAGE 3 >

03 PROGRAM-SPECIFIC MANDATORY CRITERIA / CONTINUED

GROUP POWER

* Did you use the appropriate equipment (a STEP, adjustable barbell, and weight plates)? ☐ YES ☐ NO

* Are you standing in front of the STEP when appropriate, as role-modeled in the workout video? ☐ YES ☐ NO

GROUP RIDE / R30

* In the Recovery Track, did you exit the bike on the camera side so that all movements can be seen clearly, including all foot and leg movements, without being blocked by the bike? ☐ YES ☐ NO

MOVE30

* Did you use the appropriate equipment in the correct configuration per the video (a STEP and ViPR)? ☐ YES ☐ NO

04 TEACHING QUALITY SELF-ASSESSMENT

Review your coaching and programming quality. These items are NOT mandatory.

10 Did you state the track/phase name and track/phase objective for every track? ☐ YES ☐ NO

11 For the most part, were you moving in time with the music? ☐ YES ☐ NO

12 For the most part, was the programming correct, with minimal errors? ☐ YES ☐ NO

IMPORTANT BEFORE YOU SUBMIT

$25 ADDITIONAL SUBMISSION FEE

Reminder: Any video submitted that does not meet the mandatory criteria will be charged a $25 submission fee to submit an additional video.

Once you have filmed, reviewed, and are ready to submit your video, please visit https://mossa.net/instructors/assessment/ to complete the video submission process.