

INTERN INITIAL SKILLS EVALUATION

INSTRUCTIONS: Please complete and mail with Application for Internship. This sheet is used by Dayani Staff to establish what skills you have and what skills you require training.

Please circle the appropriate number evaluating your level of competence for the following skills:

	1	2	3	4	5
	NO EXPERIENCE	LOW	AVERAGE	GOOD	EXCELLENT
1. I can accurately measure blood pressure:					
--rest				1	2 3 4 5
--cycle ergometer test				1	2 3 4 5
--treadmill test				1	2 3 4 5
2. I can accurately determine heart rate:					
--rest				1	2 3 4 5
--treadmill test				1	2 3 4 5
--other exercise equipment				1	2 3 4 5
3. I can administer the following test :					
--Flexibility (sit and reach)				1	2 3 4 5
--Muscular Strength (1 RM)/Endurance				1	2 3 4 5
--Cybex/Kincom				1	2 3 4 5
4. I can accurately measure body composition:					
--circumferential methods				1	2 3 4 5
--calipers				1	2 3 4 5
--bio electrical impedance				1	2 3 4 5
5. I can accurately administer a submax GXT:					
--bicycle ergometer				1	2 3 4 5
--treadmill				1	2 3 4 5
6. I can prep an individual for EKG monitoring.					
				1	2 3 4 5
7. I can determine rate, rhythm, and axis from an EKG strip.					
				1	2 3 4 5
8. Have you had any experience instructing an aerobics class?					
--low impact				Yes	No
--high impact				Yes	No
--slide				Yes	No
--water				Yes	No
--step				Yes	No
9. Have you had any weight training instructional experience?					
--Eagle/Cybex				Yes	No
--Paramount				Yes	No
--Universal				Yes	No
10. What Certification(s) do you currently hold?					
CPR_____					
Expiration date _____					
Other (specify):_____					