



BUFFALO PUBLIC SCHOOLS - CTE PERSONAL TRAINING EMPLOYABILITY PROFILE



Student Name:		Identification Number:		School Name:	
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CTE Program:	
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EVALUATION GRADING SCALE: General Key

Ineffective (1)	Developing (2)	Effective (3)	Highly Effective (4)
Not yet demonstrating the skill and needs additional training	Inconsistently demonstrates the skill and further development is needed	Demonstrates the skill and shows initiative in improving	Consistently demonstrates skills and often exceeds expectations

PERFORMANCE SKILLS	Intro to Personal Training 10th	Intermediate Personal Training 11th	Advanced Personal Training 12th
Attendance			
Punctuality			
Verbal Communication Skills			
Written Communication Skills			
Takes Initiative			
Quality of Work			
Leadership			
Response to Supervision			
Solves Problems and Makes Decisions			
Cooperates with Others/ Resolves Conflict			
Appearance			
Observes Critically			
Takes Responsibility for Learning			
Reads with Understanding			
Solves Problems Using Math			
Health And Safety			
Technology			
Based on your knowledge of this student, how would you rate his/her overall work performance?			

Intro to Personal Training Reviewer Signature:	Print Name:	Date:
Intermediate Personal Training Reviewer Signature:	Print Name:	Date:
Advanced Personal Training Reviewer Signature:	Print Name:	Date:

**PERSONAL TRAINING EMPLOYABILITY PROFILE
BUFFALO PUBLIC SCHOOLS**

UNIVERSAL SKILLS			
SKILLS	10	11	12
Basic Skills (Reading Writing, Math, Listening, Speaking)			
Critical Thinking (Problem Solving, Decision Making, Reasoning)			
Personal Qualities (Self-Management, Confidence, Integrity, Honesty)			
Interpersonal (Team, Leadership Skills)			
Managing Tech/Information (Interpret Research)			
Goal Setting			
Record Keeping (Client Time Sheets)			

10TH GRADE SKILLS	
Understands and recognizes Core Knowledge (Verbal & Written Articulation) of the following areas:	
Anatomy of Body	
Biomechanics	
Physics	
Basic Nutrition	
Human Behavior	
Communicates Effectively	
Active Listening	
Understands Behavior Change	
Maintains physical environment to ensure safety	
Teacher Signature: _____	

11TH GRADE SKILLS	
Creates and adjusts individualized fitness programs based on client background, assessments, and needs/desires:	
Functional Programming	
Cardio Programming	
Resistance Training Programming	
Special Population, Athlete, and Injury Programming	
Nutrition:	
Understands each macronutrient and how they affect the body	
Understands micronutrients, vitamins, minerals, and water and how they affect the body.	
Communicates nutrition information to clients within the scope of practice for personal training.	
Teacher Signature: _____	

12TH GRADE SKILLS	
Safety & Injury Prevention:	
Demonstrates proper spotting techniques and refinement cues	
Communicates proper technique and progression to clients.	
Utilizes first aid/CPR skills when needed.	
Identifies appropriate assessment tools and utilizes them to evaluate client functioning:	
Client Assessments	
Functional Assessments	
Cardio Respiratory Fitness Assessments	
Muscular Strength and Muscular Endurance Assessments	
Sports Skills Assessments	
Teacher Signature: _____	

Rating Scale: Ineffective (1)	Developing (2)	Effective (3)	Highly Effective (4)
Struggling with concepts taught.	Requires instruction and close supervision.	Can perform job completely with limited supervision.	Can work independently with no supervision.