

PURSUIT OF WELLNESS

Observation and Feedback



THE CHALLENGE

Record a video of yourself taking a peer through the Strength and Endurance portion of the Self Assessment from NFPA 1583. Specific instructions can be found in the 2022 Edition of NFPA 1583 [HERE](#). The video should illustrate your ability to instruct and provide feedback in real-time.

Following the assessment you will also need to record a short clip of yourself summarizing your peers' results and providing 2 specific exercise recommendations.

INSTRUCTIONS

- While on video, take a peer through the assessment activities listed below. Further details can be found in NFPA 1583 [HERE](#).
 - Cardiorespiratory activity (1 of 6 options) for 1 minute
 - Squat pattern (1 of 3 options) for 30 reps
 - Push pattern (1 of 3 options) for 30 reps
 - Lunge pattern (1 of 3 options) for 30 reps
 - Pull pattern (1 of 3 options) for 30 reps
 - Hinge pattern (1 of 3 options) for 30 reps
- Record your peer's heart rate, rating of perceived exertion (RPE), any notable observations and the total time to complete the circuit [HERE](#).
- During the assessment, the video should capture your instructions and feedback.
- Following the assessment, record yourself providing a brief (< 2 minutes) summary of the results, making note of any relevant observations.
- You must also describe 2 specific exercise recommendations for your peer.

GRADING CRITERIA

- ✓ Entire assessment shown on video in real-time
- ✓ Real-time instructions and feedback are appropriate
- ✓ Summary / recommendations link to assessment results
- ✓ Video quality (able to see all relevant items)
- ✓ Audio quality (able to hear/ understand voice-over)
- ✓ Permission from peer

SUBMISSION GUIDELINES

Submissions should be formatted as a video file (.mp4, .mov, .mkv etc.) or shared as a video link (hosted on Dropbox, YouTube etc.) Submission details will be shared with the launch of the Fit To Thrive member portal.