

## TEACHING SKILLS QUESTIONNAIRE

**Homework:** Teach someone the Basic Principles and 10 exercises incorporating all 4 movements (flexion, extension, lateral flexion and rotation), then have them answer the following questions. Note: This is similar to the criteria that will be used in the practical exam.

### ***Understanding of the 5 Basic Principles:***

1. Did your teacher explain all 5 basic principles to you? Including exercises to help you feel the principals in our body?
2. Did your teacher continue to reinforce the basic principles as you did the exercises?

### ***Knowledge of content:***

3. Did your teacher know the exercise and explain the start position and movement well?

### ***Ability to Correct:***

4. Did your teacher correct you effectively?
  - a. Were you encouraged to have good alignment?
  - b. Recruit the correct muscles?
  - c. Know what to think about throughout the exercise?

### ***Ability to Modify for Subject:***

5. Was your teacher able to modify the exercises so they were appropriate for you?

### ***Ability to Cue:***

6. Did your teacher use a well balanced combination of cues:
  - a. Good imagery?
  - b. Good tactile cues?
  - c. Good anatomical cues?

### ***Teaching Manner:***

7. Was your teacher motivating and encouraging the whole time?

### ***Rhythm and Pace:***

8. Was pace of the workout appropriate for you?
9. Did the exercises flow from one to the next with good transitions between them?