



# ASSESSMENT RECORD FOR AIDA INSTRUCTOR COURSE

**CANDIDATE NAME:** \_\_\_\_\_

**DATE:** \_\_\_\_\_

## 1. PRACTICAL EXAMS

Mark every point with 1 - 5.

**1: very poor** – major mistakes in theory or skills demonstration

**2: poor** -- essential facts missing or focus on unessential facts

**3: good** – knowledge of the subject, good skills demonstration

**4: very good** – able to add adequate examples, positive reinforcement during practical skills

**5: extra ordinary** – use of additional memorizing aids, graphical presentation of the content or any other standing out and positive technique

Some points are PASS/FAIL points, which the candidates MUST pass. In case the candidate fails the practical exam, They will be asked to redo it after 24 hours. If the candidate fails the practical exam the second time as well, They are not given a third chance during the same IC. They will then get a completion form and can retake the failed exam within a year with another IT. Should a candidate fail more than 3 practical exams twice, the candidate will fail the entire IC.

### 1.1. Practical Exam: Present three slides from the AIDA2 – AIDA3 courses

AIDA2 Slides: _____	AIDA2 Slides				AIDA3 Slides			
	#	pts.	#	pts.	#	pts.	#	pts.
AIDA3 Slides: _____								
Presentation skills - body language/voice	1		2		1		2	
Ability to keep control of the group	1		2		1		2	
Ability to introduce a topic	1		2		1		2	
Ability go through each point and add interesting information	1		2		1		2	
Ability to summarize at the end	1		2		1		2	
Knowledge of the subject	1		2		1		2	
Ability to deal with questions	1		2		1		2	
Ability to use props where appropriate	1		2		1		2	
Ability to use positive language and personal experiences	1		2		1		2	
<b>TOTAL POINTS</b>	<b>1</b>		<b>2</b>		<b>1</b>		<b>2</b>	

**Total points available 45 (27)**

**Remarks:** \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_



## 1.2. Practical Teaching Exam: Stretching

	#	pts.	#	pts.
Ability to ask students if they have any injuries – <b>PASS/FAIL</b>	1	P/F	2	P/F
Completing stretches that cover all major areas of the body – <b>PASS/FAIL</b>	1	P/F	2	P/F
Ability to keep to the time frame set (deviations of 5 minutes are allowed) – <b>PASS/FAIL</b>	1	P/F	2	P/F
Ability to inform students of BO risk when performing Full Lung Stretching – <b>PASS/FAIL</b>	1	P/F	2	P/F
Asking each student who needs to be physically corrected, if they mind being touched	1		2	
Ability to modify certain stretches based on pre--existing injuries that the students have	1		2	
Ability to explain and demonstrate clearly the specific stretches	1		2	
Correcting verbally and/or physically students who are stretching incorrectly	1		2	
Using props to help students who are inflexible	1		2	
<b>TOTAL POINTS</b>	1		2	

Total points available 25 (15)

Remarks: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## 1.3. Practical Teaching Exam: Breathing

	#	pts.	#	pts.
Ability to clearly describe proper <b>preparation breathing</b>	1		2	
Ability to clearly describe proper <b>last breathing</b>	1		2	
Ability to clearly describe proper <b>recovery breathing</b>	1		2	
Ability to clearly demonstrate proper <b>preparation breathing</b>	1		2	
Ability to clearly demonstrate proper <b>last breathing</b>	1		2	
Ability to clearly demonstrate proper <b>recovery breathing</b>	1		2	
Correcting verbally and/or physically students who are breathing incorrectly	1		2	
<b>TOTAL POINTS</b>	1		2	

Total points available 35 (21)

Remarks: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



### 1.4. Practical Pool Exam: demonstrate a skill from the AIDA2 or 3 course

AIDA2 or 3 Skill: _____	#	pts.	#	pts.
Presentation skills -- body language/voice	1		2	
Ability to keep control of the group	1		2	
Ability to clearly describe the skill to be taught	1		2	
Ability to clearly demonstrate the skill to be taught	1		2	
Ability to explain possible issues and problems and how to avoid and/or deal with them	1		2	
Ability to recognise issues and problems	1		2	
Ability to appropriately deal with issues and problems	1		2	
Ability to use positive reinforcement	1		2	
<b>TOTAL POINTS</b>	<b>1</b>		<b>2</b>	

Total points available 40 (24)

Remarks: \_\_\_\_\_

\_\_\_\_\_

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### 1.5. Practical Exam: part of an AIDA2 and 3 open water session

AIDA2 OW Skill: _____	AIDA2 Skill				AIDA3 Skill			
AIDA3 OW Skill: _____	#	pts.	#	pts.	#	pts.	#	pts.
Presentation skills - body language/voice	1		2		1		2	
Ability to keep control of the group	1		2		1		2	
Ability to clearly describe the skill to be taught	1		2		1		2	
Ability to clearly demonstrate the skill to be taught	1		2		1		2	
Ability to explain possible issues and problems with the skill and how to avoid and/or deal with them	1		2		1		2	
Ability to recognise issues and problems	1		2		1		2	
Ability to appropriately deal with issues and problems	1		2		1		2	
Ability to use positive reinforcement	1		2		1		2	
Ability to use positive language and personal experiences	1		2		1		2	
<b>TOTAL POINTS</b>	<b>1</b>		<b>2</b>		<b>1</b>		<b>2</b>	

Total points available 45 (27)

Remarks: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_



## 1.6. Setting up Equipment, ropes and knots Exam

The candidates must be able to easily handle ropes and bottom weights in a safe and efficient way. They must be able to set the exact depth for the dive, tie off ropes onto boats and/or buoys.

They must be able to braid and stow ropes in a tidy and safe fashion, demonstrate how to measure and mark a line, set up a bottom plate and tie appropriate knots for bottom weights and as attachment to buoys or boats. Moreover, the candidates must be able to demonstrate the following knots: bowline, clove hitch, single or double daisy chain, eight knot. The Instructor Candidates must also be able to pull an 8kg bottom weight up from 30m without stopping.

## 2. SPECIAL PRESENTATION

### 2.1. Oral presentation

	#	pts.	#	pts.
<b>Ability to keep to the time set (deviations by 5' either way are allowed) - PASS/FAIL</b>	1	P/F	2	P/F
<b>Presentation skills - body language/voice</b>	1		2	
<b>Ability to keep control of the group</b>	1		2	
<b>Ability to introduce the topic</b>	1		2	
<b>Ability to go through each point and add interesting information</b>	1		2	
<b>Ability to summaries at the end</b>	1		2	
<b>Knowledge of the subject</b>	1		2	
<b>Ability to lead a question and answer session</b>	1		2	
<b>TOTAL POINTS</b>	1		2	

Total points available 35 (21)

### 2.2. Handout

	#	pts.	#	pts.
<b>Ability to give the handout in time to the Instructor Trainer -- PASS/FAIL</b>	1	P/F	2	P/F
<b>Length of handout - PASS/FAIL</b>	1	P/F	2	P/F
<b>Bibliography/ List of sources - PASS/FAIL</b>	1	P/F	2	P/F
<b>Spelling/ Grammar</b>	1		2	
<b>Layout/ Structure</b>	1		2	
<b>Knowledge of the subject</b>	1		2	
<b>TOTAL POINTS</b>	1		2	

Total points available 15 (9)

Remarks: \_\_\_\_\_

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