

Exercise Selection and Instruction – Assessment Rubric

Domain	<u>Not demonstrated</u> Unable to perform technique	<u>Needs development</u> Below expected standard Major gaps identified	<u>Emerging</u> Approaching expected standard Demonstrates basic competence	<u>Proficient</u> Meets expected standard Demonstrates clear competence	<u>Exemplary</u> Exceeds expected standard Demonstrates advanced capability
Clinical Reasoning, Exercise Selection and Dosage	Unable to provide dosage parameters. No indication of intensity, volume, frequency, or progression.	Exercise selection does not align with stated goals. Rationale is unclear or missing, and decision-making process is not explained. Provides vague or incorrect dosage - does not match irritability, stage of rehab, or exercise intent.	Exercise selection shows partial alignment with goals but lacks specificity. Provides limited rationale with minimal explanation of decision-making. Provides basic dosage parameters (sets/ reps/ frequency). Generally appropriate but may lack specificity or consideration of irritability or stage of rehab.	Exercise selection aligns with goal. Provides clear rationale and explains decision-making adequately. Provides clear, appropriate dosage including sets/ reps/ load/ frequency. Dosage matches irritability, functional goals, and tissue capacity.	Exercise selection is highly aligned with goals and demonstrates advanced understanding. Provides a comprehensive, evidence-based rationale and clearly explains decision-making with strong justification. Provides precise, evidence-informed dosage tailored to irritability, goals, tissue capacity, and client-specific factors.
Communication and Teaching		Instructions are unclear or disorganized. Unable to effectively explain or demonstrate exercises. Poor cueing technique.	Provides basic instructions and demonstrations with some technical errors. Cueing is present but may lack precision or timing.	Delivers clear instructions with effective demonstrations. Uses appropriate verbal and tactile cueing. Explains purpose and technique effectively.	Demonstrates exceptional communication skills with precise instructions and expert demonstrations. Excellent cueing technique with clear, concise language.
Client Monitoring and Safety		Fails to observe or correct client form. Limited attention to safety considerations or client response.	Inconsistent in monitoring client form and safety. Basic corrections provided but may miss subtle issues.	Consistently monitors form and provides appropriate corrections. Maintains focus on safety and client response throughout session.	Demonstrates exceptional attention to detail in monitoring. Provides precise corrections and anticipates potential issues. Expertly modifies approach based on client response.
Overall Performance	DOES NOT MEET EXPECTATIONS		MEETS EXPECTATIONS		

AIM Exercise Selection and Assessment Rubric December 2025
Orthopaedic Division CPA

