

# Department of Health, Kinesiology and Sport

## Activity Course Proficiency Form

Applicant Name:

Date:

Self evaluate your competency to teach the activity courses listed below. This form is to help us gauge your current ability. You may be required to learn new skills in order to teach courses in which you are currently not proficient. Activity course assignments are based on the needs of the Department.

	Very Proficient	Proficient	Not Proficient
Gymnastics			
Dance			
Aerobics			
Racquetball			
Tai Chi			
Muscle Toning and Conditioning			
Weight Training			
Ultimate Frisbee			
Karate			
Softball			
Bicycling			
Jogging			
Volleyball			
Basketball			
Nintendo Switch Fitness			
Step Aerobics			
Badminton			
Swimming			
Yoga			
Spinning			
Disc Golf			
Archery			
Soccer			
Tennis			
Bowling			
Golf			

List any professional certifications you currently hold: