

# PHYSICAL EDUCATION SKILLS PROGRAM

## Teaching Proficiency Inventory

Name: \_\_\_\_\_

Soc. Sec. # \_\_\_\_\_

Check only classes you feel qualified to teach. Indicate the level you can teach (Beginning, Intermediate, Advanced).

Activity	Beg	Inter	Adv	Activity	Beg	Inter	Adv
Abdominal Toning				Rugby			
Aerobics: Low Impact				Self Defense			
Aerobics: High Impact				Slow-Pitch Softball I			
Aquatic Exercise				Soccer I: Outdoor			
Badminton I				Soccer II: Outdoor			
Bowling I				Soccer: Indoor			
Bowling II				Stretch & Tone			
Fitness Walking				Swimming I			
Flexibility				Swimming II			
Golf				Table Tennis			
Hatha Yoga				Tae Kwon Do I			
Hockey: Field				Tae Kwon Do II			
Jogging				Tennis I			
Karate I				Tennis II			
Karate II				Ultimate Frisbee			
Kick Boxing I				Volleyball I			
Lap Swimming I				Volleyball II			
Lap Swimming II				Weight Control			
Personal Fitness				Weight Training I			
Racquetball I				Weight Training II			
Relaxation Techniques							

Please check if you have an official rating in:

\_\_\_\_\_ Softball  
 \_\_\_\_\_ Swimming  
 \_\_\_\_\_ Tennis  
 \_\_\_\_\_ Volleyball

Check if you hold an active ARC certificate in:

\_\_\_\_\_ First Aid  
 \_\_\_\_\_ Life Guarding  
 \_\_\_\_\_ Senior Life Saving  
 \_\_\_\_\_ W.S.I.

