**Burnalong Class Quality Scoring Sheet**

*If you’d like to download this sheet for yourself, click File → Download*

| **Instructor Presentation** | **Notes** | **5** | **4** | **3** | **2** | **1** |
| --- | --- | --- | --- | --- | --- | --- |
| Introduction at the beginning of the video |  |  |  |  |  |  |
| Organized and ready to start class right away (2 minutes or less of setup time for a live class) |  |  |  |  |  |  |
| Overall presence is professional |  |  |  |  |  |  |
| Video ends promptly after completing the workout or education |  |  |  |  |  |  |
| Video is a class style format |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Class Content** | **Notes** | **5** | **4** | **3** | **2** | **1** |
| Introduction to the class and overview of needed equipment |  |  |  |  |  |  |
| Movements demonstrated or presented clearly |  |  |  |  |  |  |
| Class content and expectations are explained |  |  |  |  |  |  |
| Technique clearly visible to user, with the full body in the frame (fitness) |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Audio** | **Notes** | **5** | **4** | **3** | **2** | **1** |
| Audio is clear with little to no background noise |  |  |  |  |  |  |
| Voice is audible and clear |  |  |  |  |  |  |
| Music is at the appropriate level and not competing with instructor voice |  |  |  |  |  |  |
| Audio can stand alone |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Visual** | **Notes** | **5** | **4** | **3** | **2** | **1** |
| Class background is free of clutter and distraction |  |  |  |  |  |  |
| Lighting is appropriate with no shadowing |  |  |  |  |  |  |
| Visual quality is clear (not grainy) |  |  |  |  |  |  |
| Camera is steady |  |  |  |  |  |  |
| Clothing is appropriate |  |  |  |  |  |  |
|  |  |  |  |  |  |  |
| **Class Title and Description**  | **Notes** | **5** | **4** | **3** | **2** | **1** |
| Class Title is specific |  |  |  |  |  |  |
| Class Description is specific and gives additional information |  |  |  |  |  |  |
| Class Description accurately describes the class expectations and contents |  |  |  |  |  |  |
| Content delivered is aligned with the class title  |  |  |  |  |  |  |

**Total: \_\_\_\_\_\_ /105**

**Any classes that consistently fall below a 3 in all or most categories, should be re-recorded, and made inactive on the site.**

*Updated 01.10.2022*