



AFLCA GROUP EXERCISE SPECIALTY LEADER CHOREOGRAPHY DESIGNATION LEARNING OBJECTIVES

Section 1- The History and Evolution of Floor-Based Group Exercise

Objective I: History and evolution

Sub-objectives:

- Describe the origins and development of floor-based exercise from its inception in the early 80's and describe the different models (e.g. HIIT, Steady State Cardio, KickBox, Athletic Cardio, Zumba, and Choreography Building)
- State the benefits of floor-based group exercise classes

Objective II: Research and safety guidelines

Sub-objectives:

- Describe and apply evidence-based research principles as they apply to technique, posture, alignment, repetitions, and music tempo
- Demonstrate and distinguish between proper and improper technique and posture; describe the injuries that could result
- Identify and avoid contraindicated and ineffective exercises
- Describe potential legal risks

Section 2- Class Structure and Content

Objective I: Planning

Sub-objectives:

- Identify components of a floor-based group exercise class and what to include in each component
- Describe safety guidelines to consider when designing each component
- Describe methods for evaluating and monitoring intensity
- Demonstrate appropriate class design based on current research, principles of conditioning, anatomy, biomechanics, and exercise selection
- Develop classes that consider factors such as music, tempo, phrasing, rhythm, space, directions, plane and lever variations, transitions, pattern breakdown, flow, variety, balance, and safety
- Discuss the methods by which class components can be altered for varied populations
- Create safe and effective exercises, variations and modifications

Objective II: Design

Sub-objectives:

- Select music of appropriate tempo and volume for each component
- Demonstrate 8 count and 32 count awareness
- Describe the benefits of designing choreography patterns based on 32 counts

- Describe and demonstrate differing music use in: athletic style, choreography building style, high/low, kickboxing, circuit, and cardio interval classes - including speed-based intervals and intervals in time to a beat
- Identify the legalities of sourcing, purchasing, and using music in floor-based group exercise classes
- Describe and demonstrate the base patterns for: high/low, athletic, kickboxing style classes with variations that include arm lines
- Identify the movement plane and the leading leg for each chosen move
- Demonstrate the basic principles of movement (choreography) design to develop routines considering factors such as: music, tempo, phrasing, rhythm, space, directions, plane and lever variations, transitions, pattern breakdown, flow, variety, balance (including lead leg changes), and safety
- Describe the different types of choreography planning, including: Add-On Choreography, Chorus/Verse Choreography, Pre-Choreographed routines, and Freestyle

Section 3- Leadership and Teaching

Objective I: Leadership

Sub-objectives:

- Describe and implement ways to interact and connect with participants to create a positive learning environment specific to the discipline
- Describe and implement methods for helping participants execute appropriate intensity
- Evaluate participant technique and performance, provide feedback toward optimizing these elements, and adapt the class in response to participant needs

Objective II: Teaching

Sub-objectives:

- Describe and demonstrate aerobic Q-signs
- Describe, demonstrate and implement various instructional techniques including: progression from simple to complex, pattern development techniques, variety of class formations, use of verbal and non-verbal cueing, mirror imaging, and intensity progression (less to more)
- Utilize common-base move terms
- Use common exercise terms
- Describe how to observe, respond and adapt to participant needs
- Demonstrate good verbal and visual cueing skills, with emphasis on proper technique
- Describe how to create an enthusiastic, motivational environment
- Demonstrate safe use of equipment
- Identify instructional challenges specific to floor-based group exercise classes and strategies for managing and minimizing these challenges