

GROUP EXERCISE LEADER DESIGNATION LEARNING OBJECTIVES CHART: CHOREOGRAPHY DESIGNATION

Refer to detailed Designation Learning Objectives to complete this form. The general categories have been provided.

LEARNING OBJECTIVE CATEGORIES	COURSE CONTENT	LEARNING OUTCOMES
<p>Section 1- The History and Science of Floor-Based Group Exercise Classes</p> <ol style="list-style-type: none"> 1. The history of floor-based group exercise 2. Research and safety guidelines <p>Section 2- Class Structure and Content</p> <ol style="list-style-type: none"> 1. Planning for and implementing the components of a floor-based group exercise class 2. Use of music in a floor-based group exercise class <p>Section 3- Leadership and Choreography Design</p> <ol style="list-style-type: none"> 1. Choreography base moves 2. Movement combinations/ choreography design 3. Instruction, cueing and leadership 		