



# GROUP EXERCISE LEADER DESIGNATION LEARNING OBJECTIVES CHART: MIND/BODY 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><b>Section 1- The History, Philosophy and Fundamentals</b></p> <ol style="list-style-type: none"><li>1. The history and evolution of Mind/ Body group exercise</li><li>2. Anatomy, alignment and safety</li></ol> <p><b>Section 2- Class Structure and Content</b></p> <ol style="list-style-type: none"><li>1. Planning for and implementing the components of a mind/body group exercise class</li><li>2. Use of music in a mind/body group exercise class</li></ol> <p><b>Section 3- Leadership and Choreography Design</b></p> <ol style="list-style-type: none"><li>1. Movement combinations/ choreography design</li><li>2. Instruction, cueing and leadership</li></ol>		