



GROUP EXERCISE LEADER DESIGNATION LEARNING OBJECTIVES CHART:

STEP 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 Step Training</p> <ol style="list-style-type: none">1. The evolution of portable equipment2. 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 step training group exercise class2. Use of music in a step training group exercise class <p>Section 3- Leadership and Choreography Design</p> <ol style="list-style-type: none">1. Step directional approaches2. Step base moves <ol style="list-style-type: none">1. Movement combinations/ choreography design2. Instruction, cueing and leadership		