

## AFLCA Mind/Body Designation Performance Standards

The AFLCA Group Exercise Leader Specialty Leader with Mind/Body Designation is certified to:

1. Lead a safe, effective and appropriate mind/body-based exercise class in order to meet the needs of the participants
2. Lead exercise groups that are based on AFLCA standards & NFLA guidelines
3. Lead a mind/body class\*\* based on identified or implied needs of the participants
4. Lead participants that are apparently healthy

\*A group is defined as a leader facilitated exercise session with more than one person

\*\*May include, but not be limited to the following mind/body disciplines: Yoga, Pilates, Tai Chi, NIA

### *The History & Evolution of Mind/Body-based Group Exercise*

- A-1) Describe the evolution, benefits & principles of the discipline
- A-2) Describe the benefits of the discipline
- A-3) Describe & demonstrate knowledge of safe technique, posture, and alignment for each exercise in the discipline
- A-4) Outline injury and legal risks

### *Leadership & Teaching*

- B-1) Describe & implement exercises and variations possible for each discipline
- B-2) Design & conduct a safe and effective mind/body group exercise class using appropriate leadership styles
- B-3) Demonstrate exercise progressions, modifications and variations to meet the needs of the participants
- B-4) Create a positive learning environment
- B-5) Demonstrate knowledge and adherence to the AFLCA Code of Conduct and Scope of Practice

### *Class Structure & Content*

- C-1) Describe & integrate the evidence based components of a mind/body exercise class
- C-2) Describe common methods for monitoring exercise intensity
- C-3) Identify appropriate music tempo for each class component, and how to legally source class music

