

AFLCA Step Designation Performance Standards

The AFLCA Group Exercise Specialty Leader with Step Designation is certified to:

1. Lead a safe, effective and appropriate step-based group exercise class in order to meet the needs of the participants
2. Lead exercise groups that are based on AFLCA standards & NFLA guidelines
3. Incorporate the use of a portable step platform 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.

The History & Evolution of Step-based Group Exercise

- A-1) Describe the evolution & benefits of step classes
- A-2) Demonstrate and implement Step Reebok guidelines
- A-3) Describe & demonstrate knowledge of safe stepping technique, posture & alignment
- A-4) Outline injury and legal risks

Leadership & Teaching

- B-1) Describe & implement the base moves & directional approaches used in step classes
- B-2) Design & conduct a safe and effective step 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 step exercise class
- C-2) Discuss & demonstrate the various uses of the step platform in all class components
- C-3) Describe common methods for monitoring exercise intensity
- C-4) Identify appropriate music tempo for each class component, and how to legally source class music
- C-5) Explain & demonstrate importance of music phrasing in program design

