AFLCA GROUP EXERCISE SPECIALTY LEADER
CHOREOGRAPHY DESIGNATION
LEARNING OBJECTIVES

Section 1- The History and Evolution of Floor-Based Group Exercise

Objective I: History and evolution

Sub-objectives:
• Describe the origins and development of floor-based exercise from its inception in the early 80’s and describe the different models (e.g. HIIT, Steady State Cardio, KickBox, Athletic Cardio, Zumba, and Choreography Building)
• State the benefits of floor-based group exercise classes

Objective II: Research and safety guidelines

Sub-objectives:
• Describe and apply evidence-based research principles as they apply to technique, posture, alignment, repetitions, and music tempo
• Demonstrate and distinguish between proper and improper technique and posture; describe the injuries that could result
• Identify and avoid contraindicated and ineffective exercises
• Describe potential legal risks

Section 2- Class Structure and Content

Objective I: Planning

Sub-objectives:
• Identify components of a floor-based group exercise class and what to include in each component
• Describe safety guidelines to consider when designing each component
• Describe methods for evaluating and monitoring intensity
• Demonstrate appropriate class design based on current research, principles of conditioning, anatomy, biomechanics, and exercise selection
• Develop classes that consider factors such as music, tempo, phrasing, rhythm, space, directions, plane and lever variations, transitions, pattern breakdown, flow, variety, balance, and safety
• Discuss the methods by which class components can be altered for varied populations
• Create safe and effective exercises, variations and modifications

Objective II: Design

Sub-objectives:
• Select music of appropriate tempo and volume for each component
• Demonstrate 8 count and 32 count awareness
• Describe the benefits of designing choreography patterns based on 32 counts
• Describe and demonstrate differing music use in: athletic style, choreography building style, high/low, kickboxing, circuit, and cardio interval classes - including speed-based intervals and intervals in time to a beat
• Identify the legalities of sourcing, purchasing, and using music in floor-based group exercise classes
• Describe and demonstrate the base patterns for: high/low, athletic, kickboxing style classes with variations that include arm lines
• Identify the movement plane and the leading leg for each chosen move
• Demonstrate the basic principles of movement (choreography) design to develop routines considering factors such as: music, tempo, phrasing, rhythm, space, directions, plane and lever variations, transitions, pattern breakdown, flow, variety, balance (including lead leg changes), and safety
• Describe the different types of choreography planning, including: Add-On Choreography, Chorus/Verse Choreography, Pre-Choreographed routines, and Freestyle

Section 3- Leadership and Teaching
Objective I: Leadership
Sub-objectives:
• Describe and implement ways to interact and connect with participants to create a positive learning environment specific to the discipline
• Describe and implement methods for helping participants execute appropriate intensity
• Evaluate participant technique and performance, provide feedback toward optimizing these elements, and adapt the class in response to participant needs

Objective II: Teaching
Sub-objectives:
• Describe and demonstrate aerobic Q-signs
• Describe, demonstrate and implement various instructional techniques including: progression from simple to complex, pattern development techniques, variety of class formations, use of verbal and non-verbal cueing, mirror imaging, and intensity progression (less to more)
• Utilize common-base move terms
• Use common exercise terms
• Describe how to observe, respond and adapt to participant needs
• Demonstrate good verbal and visual cueing skills, with emphasis on proper technique
• Describe how to create an enthusiastic, motivational environment
• Demonstrate safe use of equipment
• Identify instructional challenges specific to floor-based group exercise classes and strategies for managing and minimizing these challenges