AFLCA Portable Equipment Designation Performance Standards

The AFLCA Group Exercise Specialty Leader with Portable Equipment Designation is certified to:
1. Lead a safe, effective and appropriate portable equipment-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. Incorporate portable exercise equipment** 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: free weights, body bars/barbells, stability balls, tubing/resist-a-bands, BOSU, steps, medicine balls, foam rollers

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The History & Evolution of Portable Equipment-based Group Exercise

A-1) Describe the evolution & benefits of the portable equipment classes, and the typical portable equipment: free weights, body bars/ barbells, stability balls, tubing/resist-a-bands, BOSUs, steps, medicine balls, foam rollers (may include others)
A-2) Describe the purpose and uses of each piece of equipment
A-3) Demonstrate knowledge of safe technique, posture, alignment for each piece of equipment
A-4) Outline injury and legal risks

Leadership & Teaching

B-1) Describe & implement exercises and variations possible for each piece of equipment
B-2) Design & conduct a safe and effective portable equipment-based 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

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Class Structure & Content

C-1) Distinguish between the components of a portable equipment-based group exercise class when equipment is appropriate, and not appropriate
C-2) Describe common methods for monitoring exercise intensity
C-3) Identify music tempo appropriate for each component, and how to legally source class music
C-4) Explain & demonstrate uses of music phrasing in program design

Fitness Leadership
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