Group Exercise Instructor Foundations

.9 CEU's/ 9 CEC's

This informative course will provide you with a core knowledge foundation for group exercise. You will learn about the history and evolution of group exercise and the reasons behind the explosive growth of specialty classes. We will also cover the principles behind designing and leading a safe, effective, and motivating group exercise environment. This course is also a great review and preparation for those interested in taking the Group Exercise Instructor Certification.

Review will cover the following:

Lecture One: Introduction into Group Exercise (GX) and Cardiovascular Knowledge
Lecture Two: Concepts in Class Design and Muscular Terminology
Lecture Three: Muscle Balance, Customizing GX and Nutrition Education
Lecture Four: Music, Choreography and Cueing
Lecture Five: Cardiorespiratory Training: Step and Kickboxing
Lecture Six: Osteoporosis, Bone Health and GX Modalities
Lecture Seven: Philosophies of Yoga, Pilates, Cycling and Water Aerobics
Lecture Eight: Specialty Classes and Exam Review

Required Workshop Text: Methods of Group Exercise Instruction, 2nd Ed. & Group Exercise Cardiovascular Fitness Combo

Course Fee: $195