Group Exercise Instructor Practical Review

.9 CEU's/ 9 CEC's

This course provides a broad overview of concepts related to the design of group exercise programs and classes. Topics include assessment in a group setting, creating group cohesion, cueing, and the general format of a group exercise class. This course is also a great review and preparation for those interested in taking the Group Exercise Instructor Certification course.

Review will cover the following:

- Practical Lab 1 - Introduction to Group Exercise (GX) and Assessments
- Practical Lab 2 - Components for GX Class and Creating the Warm-Up
- Practical Lab 3 - Musical Interpretation and Muscle Balance
- Practical Lab 4 - Introduction to Choreography and Cardiovascular Fitness Classes
- Practical Lab 5 - Choreographing Cardiovascular and Cool Down Components
- Practical Lab 6 - Muscle Conditioning, Sports Conditioning and Functional Training
- Practical Lab 7 - Body Alignment and Specialty Certifications
- Practical Lab 8 - Dance Based Classes and Exam Review

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

Course Fee: $195