

### Week 7 Overview:

This week you should cover Chapter 7, Teaching a Group Exercise Class. The success of a class depends on the instructor's ability to apply sound instructional principles and practices. In addition, you should cover Chapters 7 -12 of the ACE Group Fitness Specialties Overview DVD.

### How this Applies to You:



A Group Fitness Instructor's physical abilities and teaching skills are two different things. It is imperative that an instructor utilize effective teaching techniques to transfer their fitness knowledge, skill, and enthusiasm to the class participants to create a safe and successful class.

### What You Will Learn:

Upon the completion of Week 7, you should have a working knowledge of:

- The proper class sequences for different audiences, design an effective class, and teach the correct exercises
- Three domains of human behavior: cognitive domain, affective domain, motor domain.
- The three stages of learning motor skills and the instructor guidelines to facilitate moving participants from the beginning level to the advanced level.
- The importance of setting program goals.
- The components of a lesson plan: class objectives, class activities and time allocations, necessary equipment, and patterns of class organization.
- Ideal facility guidelines and equipment needs.
- The necessary skills to determine which exercises and movement patterns are effective and safe.
- The difference between the five teaching styles applicable to an exercise class: command, practice, reciprocal, self-check, and inclusion.
- The use of selected teaching strategies in an exercise class: slow-to-fast, repetition reduction, spatial, part-to-whole, and simple-to-complex
- Fundamental elements of music in conjunction with movement patterns.
- Guidelines when selecting choreography and the two basic choreography methods: freestyle choreography and structured choreography.
- Guidelines for using movement, verbal, and visual cues.
- The instructor's role in analyzing the movements and skills of the participants and the use of alignment cues to protect them from injury.
- The components of instructor feedback: informational, based on performance standards, specific, and immediate.
- The description, music considerations, safety, and tips for Aquatic Fitness, Yoga, Pilates Mat Training, Stability Ball Training, and Group Strength Training.



### Your Next Steps:

1. Print out this email and add to your study binder.  
*Note: If using the Home Study Course, answer the questions as you read Chapter 7.*
2. After reading Chapter 7, write an explanation of each key concept in your own words so you develop a working knowledge.
3. After reviewing the key concepts, go to the [Home Study Questions](#) to test your knowledge.
4. If you have the Master the Manual workbook, complete Chapter 7.

### Helpful Hint:

You are not expected to be proficient in every class format presented in The ACE Group Fitness Specialties Overview DVD, however, it is important to be aware of other group fitness specialties and their role in a fitness program.

