



STANDARD COURSE FOR BECOMING AN AEROBIC INSTRUCTOR

Duration of the course at the training site: 36 hours

Course manual: 300+ pages

Instructional DVD

E-Learning: 500+ slides

1ST WEEKEND

- Introduction to the course and workout methods
- Music and cueing tracks I
- Collective fitness cardiovascular workout: step and hi-lo masterclass
- Fundamental steps in aerobics and step aerobics
- Physical education methods I
- Fundamental concepts of an effective warm-up

2ND WEEKEND

- Assessment of the tests done at home I
- Review of cueing and teaching methods specific for warming up
- Communication specific for Total body workout (TBW)
- Multiarticular leg exercises in upright posture, the 5-phase development method
- Physical education methods II
- Circuit and small equipment lessons
- Stabilization exercises for the abdominal girdle. Strengthening exercises for the abdominal girdle.

3RD WEEKEND

- Assessment of the tests done at home II
- Review of the warm-up teaching method
- Review of the 5-phase development method
- Muscle conditioning and small equipment, Resistance Training Program (RTP) concepts
- Physical education methods III
- Theory of neurophysiological fundamentals of stretching
- Masterclass on Resistance Training Program (RTP)
- Masterclass on Hi-Lo

4TH WEEKEND

- Review on theory
- Review on practice
- Exam: written test, practical test. Theory (with online material)

The e-learning consists of 500 slides divided by topics, including a test at the end of each module

- *Anatomy of the locomotor apparatus*
- *Fundamental biomechanics and terminology*
- *Anatomy: Muscle tissue*
- *Physiology: Muscular contraction*
- *Muscle fiber types*
- *Concept of motor unit*
- *Muscle contraction types*
- *Main laws of muscle functionality*
- *Physiology of energy systems*
- *Anatomy and physiology of the cardiovascular system*
- *Anatomy and physiology of the respiratory system*
- *Concepts of VO₂max, EPOC, respiratory quotient (RQ)*



- *Anthropometry and analysis of body composition*
- *Nutrition principles*
- *Macronutrients and micronutrients*
- *Glycemic index (GI) & glycemic load (GL)*
- *Main dietary supplements*
- *Anatomy tables*

