



STANDARD COURSE FOR BECOMING AN FITNESS GROUP INSTRUCTOR

Duration of the course at the training site: 28 hours

1ST DAY

- Introduction to the course and workout methods
- Music and cueing tracks I
- Fundamental steps in aerobics and step aerobics
- Physical education methods I: cardio pyramid system
- Fundamental concepts of an effective warm-up

2ND DAY

- 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, conditioning pyramid system
- Physical education methods II: progressive method and layer system
- Circuit and small equipment lessons

3RD DAY

- Assessment of the tests done at home II
- Review of the warm-up teaching method
- Review of the conditioning pyramid system
- Muscle conditioning and small equipment, Resistance Training Program (RTP) concepts
- Core training
- Theory of neurophysiological fundamentals of stretching

4TH DAY

- Review on theory
- Review on practice
- Exam: written test, practical test

