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Fitness Pro Conventions



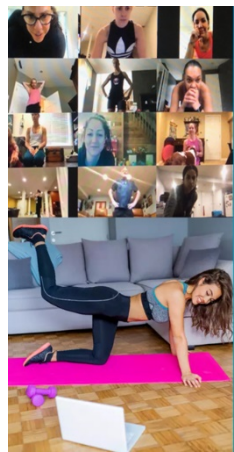
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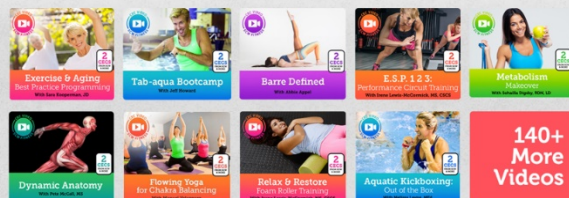
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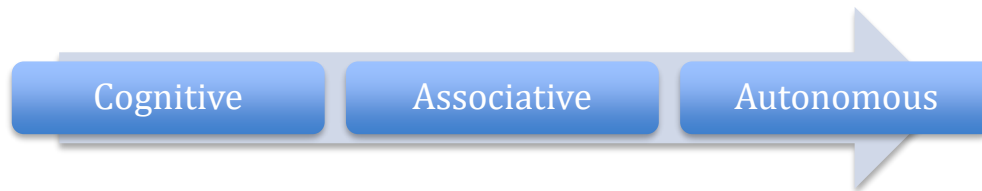
## Little Tweaks for Big Results

### Course Objectives

- Recognize the three phases of learning
- Learn multi-level teaching strategies
- Tweak standard movements to create new variations
- Review the three ways people learn
- Examine how to recognize visual, verbal and kinesthetic learners
- Study the elements of verbal, visual and kinesthetic learners
- Develop strategies to improve communication

### Skill Acquisition

#### Conscious Control



#### Unconscious Control

### Tiny Tweaks that make a Difference

- Partner training for fun factor and external anchor point for tubing
- Asymmetrical loading
- Changes in planes of motion
- Varying the ROM
- Hand/Foot placement
- Equipment variations/combinations
- Playing with rhythm
- Changes of time/Reps
- Modify work to rest ratios
- Increase/decrease training volume
- Program variations
  - Lower/Compound/Upper/Core
  - Lower/Upper then finish with core
  - Lower/Upper/Core
  - Upper/Lower/Cardio
  - Repeat sets/no repeat sets

### Why Multi-level Learning?

Different fitness levels	Arthritis
Different skill levels	Pregnancy
Different strategies for learning	Heart disease/blood pressure
Possible injuries	Movement preferences

### Multi-level Teaching Skills

1. Recognize the phase of learning
2. Break exercise into three levels
3. Teach base movement first
4. Add each level with a micro-progression

### Begin with the End in mind

- Create and advanced-level exercise
- Create two regressions
- Think about who each level is for
- Define the most important elements of the exercise

### Three ways people learn

1. Verbal
2. Visual
3. Kinesthetic

### Verbal Coaching #1 Tip: Teach like they can't see you!

The advantages of Verbal Coaching

- Extremely helpful when teaching exercises that require clients to look down or not watch the mirror
- Especially helpful when there are no mirrors
- For verbal learners, clear descriptions can help to learn the movement
- Can be very motivating!

How to recognize a verbal learner:

- They don't need to see you to be able to understand what you want them to do
- They want to hear you over the music
- They find detailed descriptions helpful

### Be Positive!

Don't let your back sag	
Don't round your back	
Don't collapse your chest	
Don't let your knee drive forward	

### Be Concise: it's not just WHAT you say, it's also what you DON'T say!

- Safety First! Keep it simple! Pick your battles!
- Coach no more than 3 elements at a time.
- What is the MOST important element?
- Consider your clients' skill level and what phase of learning they're in
- Allow your client time to learn. Don't expect perfection.
- Praise sincerely!
- Be enthusiastic!

### Attentional Focus: The Constrained-action Hypothesis

- A theoretical explanation of why external focus can be beneficial while internal focus can be detrimental

Movement	Push up	Row	Squat	Jump
Cue #1	Drive the body towards the ceiling	Drive your elbow towards the ceiling	Push away from the floor	Explode away from the floor
Cue #2	Drive your hands into the floor	Crack a walnut between your shoulder-blades	Drive your heels down into the floor	Jump away from the floor as if it were on fire!

#### External focus

Distance	Direction	Description
Proximal: Novice	Toward/Away	Visual Words
Distal: Advanced	Up/Down	Analogy/Metaphor

### Common Pitfalls

- Mindless repetition
- Endless counting
- Vocal tonality/clarity: Shrill voice, mumbling
- Mistiming the cue
- Over coaching

### Visual Coaching #1 Tip: Teach like they can't hear you!

#### Advantages of Visual Coaching

- Cuts down on audio clutter
- Helpful to cognitive learners
- Many people are visual learners and need to see clear demonstrations of the exercise
- Can simplify the coaching

#### How to Recognize a Visual Learner

- They stand still and watch when you demonstrate a new exercise
- They watch the mirror regardless of the alignment it places them in
- They tend not to listen and do what they see, and not what you say
- They stop when you stop!

#### Common Pitfalls for Visual Coaching

- Sloppy form when demonstrating
- Not being clear about where the clients should be watching
- Demonstrating only one angle/view
- Making the movements small

## **Kinesthetic Coaching #1 Tip: Teach so they can auto-correct**

### **Advantages of Kinesthetic Coaching**

- Clients feel the exercise movements
- Teaches people to auto-correct
- Excellent for all levels of learners
- Potentially simplifies the coaching
- High-touch and personal

### **How to Recognize a Kinesthetic Learner**

- They keep moving when you instruct
- They need to feel the exercise to learn it
- They autocorrect with demonstration and instruction

### **Tactile Approaches**

- Don't push into position
- Have them move towards a target or your hand
- Make the learning invisible
- Feed the misalignment (advanced)

### **Common Pitfalls to Kinesthetic Coaching**

- Inappropriate level of coaching (feeding the mis-alignment to a cognitive learner)
- Using hands on corrections when unwanted
- Pushing the person into position

### **What We Coach: What Type of Communication is it?**

Motivational	
Positional	
Alignment	
Numerical	
Directional	
Mind/Body: Association/Dissociation	

### **Charisma Vs. Report**

- Report is the interpersonal relationship so vital to personal trainers. It is your ability to connect and communicate with your clients with compassion, empathy and warmth. It is critical in the ongoing relationship you have with your clients
- Charisma is compelling attractiveness or charm that can inspire devotion in others, a divinely conferred power or talent!