SCW

S.E.A.T.

SUPPORTED EXERCISE FOR AGELESS TRAINING

CERTIFICATION MANUAL

847-562-4020
SCWFIT.COM

SCW CERTIFICATIONS

SCW Fitness Education

SCW is an internationally recognized education body that provides hands-on certifications and continuing education courses and conventions to fitness professionals in multiple disciplines nationwide. For the past 40 years, Personal Trainers, Group Exercise Instructors, Small Group Training Leaders, Aquatic Exercise Professionals, Cycling Teachers, Mind-Body Experts, Sport Specific Training Educators, and many more get certified through SCW. This outstanding Family of Leaders also supports Managers, Directors and Owners of clubs and facilities nationwide. As the largest Conference Leader and Continuing Education Provider in the world, MANIA® offers seven Professional Training Conventions in DC, California, Florida, Atlanta, Dallas, Midwest (Chicago), and Boston serving over 10,000 health and wellness professionals and reaching over 90,000 virtually.

SCW Nationally Recognized Certifications

SCW Fitness Education is a nationally recognized certification organization that has trained over 200,000 Fitness Professionals. SCW certifications are recognized by fitness facilities across the USA and internationally. The SCW Fitness Education Certifications are both general and specialty in orientation and span from Group Ex, PT, Aqua, Yoga, Barre, Pilates, Sports Nutrition, Weight Management, Kettle Weights and more. Each certification is developed and lead by qualified, veteran trainers that have 20+ years of fitness experience. Theory, practice, and application combine to credential our SCW professionals and prepare them for quality instruction at large, small and specialty facilities. SCW Online Certifications are presented live at each of our SCW MANIA® conventions. SCW is so committed to live training, that our online courses include free live courses held at MANIA® on the same topic (within one year).

SCW Certifications Published by

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COURSE INTRODUCTION

Before Beginning:

A. Consult with a physician before beginning this or any exercise program.

B. Obtain a doctor's release.

C. Sign a waiver of liability, Informed Consent Form.

D. Choose a comfortable chair without arms and with a strong back and wide base.

E. Place the chair on a sticky surface, like a yoga mat to avoid slipping, or place rubber chair stoppers on the bottom of the chair legs.

F. Select comfortable fitting workout clothing that will not interfere with movement from all sides of the chair.

G. Wear comfortable athletic footwear with mild support and traction and avoid a slip-on shoe.

H. Practice a sit to stand movement pattern to ensure there is enough space to safely stand and walk completely around the chair.

I. Store exercise equipment safely under the chair until needed in class.

Anyone can start an exercise program at any age. If your students are not presently in an exercise program, please require them to consult with their physician for approval. As the instructor, you must require a physician's note of approval for every student to participate. Your students should ask a physician if any medications may affect their exercise plan and have your students adjust their own routine if necessary. As a teacher, do not overstep your scope of practice and provide any medical evaluations or suggestions. Always recommend your students consult with their physicians before beginning this or any other fitness program.

Welcome to the **SCW S.E.A.T.** (Supported Exercise for Ageless Training) certification course. Whether you are a current fitness professional who wants to expand your teaching repertoirerepertoire, or you are just beginning your leadership journey in fitness, this course will bring another dimension to your skill set. You will leave with all the pertinent information and materials necessary to instruct this pre- choreographed format. Prior fitness teaching experience is helpful but not necessary.
Certification is important because it provides instructors with a recognized standard of competency for teaching group exercise classes. This course has been designed with this in mind, and we have developed this manual to assist you with your preparation. **Please read it thoroughly and participate in the practical activities where indicated.**

Good old-fashioned exercise may be the most important thing that anyone can do to live well. In safe doses, exercise can help one better enjoy life and prevent disease. Whether a person is 25 or 85 years old, consistent physical activity will help one reap the benefits of a healthy lifestyle.

Joining a structured exercise program designed to strengthen and lengthen muscles, as well as increase cardiovascular capacity, reduce anxiety, improve mood and increases self-esteem. It also creates a social opportunity that may be missing in our students' lives.

S.E.A.T. is a uniquely formatted program catering to individuals of all ages, abilities, and fitness levels. Participants will feel comfortable and secure and enjoy the positive ways that their bodies respond to this unique form of movement.

As a S.E.A.T. instructor, you will address a very heterogeneous population where the use of regression and progression is imperative. Students' abilities must be assessed daily with adaptations being made readily available. Most students are interested in simply moving, which makes this program a great "start-up" plan for your fitness facility, recreation center, rehabilitation program, or retirement community.

We, at SCW Fitness Education, congratulate you on taking the first step to becoming an outstanding, well-educated, and effective group exercise instructor. We wish you the best of luck and know you will make a huge difference in the lives of your participants.

WELCOME ABOARD!

Upon completion of the S.E.A.T. certification course, instructors will be able to:

- Explain the roles and responsibilities of a S.E.A.T. instructor
- Understand basic musculoskeletal anatomy and terminology associated with this course
- Describe and apply the planes of movement for a group fitness class
- Use program equipment safely and effectively
- Explain and demonstrate the eight tracks of the program
- Apply the techniques of remembering choreography
- Use teaching strategies to enhance class experience
- Teach assigned tracks to other class participants
- Complete all exercises and movement patterns throughout the course
- Understand how to successfully complete the exam and assessment

The secret of change is to focus all of your energy not on fighting the old, but on building the new.
~Socrates

CHAPTER 1
Purpose

The **SCW S.E.A.T.** program was developed with one main purpose in mind: to serve as an ageless workout format for a multitude of individuals. Those desiring or needing a transitional exercise option during rehabilitation, persons with exercise limitations (balance or other physical impairments deconditioned participants, active agers, or inactive seniors, will be able to add this program into a regular routine.

Specifically, S.E.A.T. is a full-body exercise program with form and function at its foundation that can be performed in a short period of time (30 to 45 minutes by a single individual, in a small group training session, or during a large group exercise class. Health Clubs, Studios, Boutique Fitness Centers, Retirement Homes, and Recreation Centers can host the S.E.A.T. program and take advantage of this new format. The program can even be done in malls, libraries, and public centers giving even more options for our instructors to reach a variety of clients.

As you work your way through the class, you will notice each song or track has a particular focus in which the instructor provides specific cueing and options to their participants. The options demonstrated in the video segment allows participants to choose what is right for them during each workout session and progress or regress their movements as needed. Those needing to begin totally seated may be able to progress to completely standing over several sessions if that is the goal. Others may wish to increase weight or resistance during the toning tracks.

NOTE: CHOREOGRAPHED Program

The S.E.A.T. program is a choreographed format, which will provide instructors in the network the exact moves, music, script, and education necessary for teaching the class. This programming aims to have all instructors maintain consistency. Any instructor teaching a certain program on a particular date would be instructing the program in the same manner as all other instructors teaching the same program.
The S.E.A.T. Certification is valuable to everyone. S.E.A.T. Fitness is not a licensed program. As a certified instructor, you do have an option to enroll in the S.E.A.T. Membership. In your membership, you receive quarterly releases (every 3 months: videos, music, choreography notes & flashcards, along with complete digital & printable marketing (social media posts, email templates, posters, videos, brochures, flyers, business cards & more.)
You can read more about the membership here www.seatfitness.com/membership/

THE BENEFITS

General adherence to regular exercise helps to signal the body to release endorphins, which are the feel-better chemicals that boost mood. It may also reduce stress and feelings of depression. According to many Mental Health Associations, adding regular exercise can be instrumental in the positive mental health of the aging as well as the sedentary.

On average, men and women lose more than five pounds of muscle mass each decade between ages 25-55. There is evidence that an even greater amount is lost in later years.

Resistance work from the chair allows for a strengthening of the muscle and connective tissue and improved joint range of movement. The performance of and progression to multi-joint patterns of movement will lead to increases in advanced aspects of fitness such as speed, power, balance, and coordination.

Other benefits include:

- ✓ Improved cardiovascular endurance
- ✓ Enhanced muscle strength
- ✓ Addressing of the five basic movements for the de-conditioned and aging
- ✓ Increased ankle mobility and manual dexterity
- ✓ Improved posture and balance
- ✓ A time efficient workout of 30 to 45 minutes in duration

Students can add chair-based programming to ease the pain associated with osteoarthritis, and seated exercise allows for the spine to be stabilized by providing a wide base of support. This is helpful for those challenged by kyphosis and/or lordosis, which are common spinal deviations. Many individuals can also increase their range of motion, while in the chair, minimizing load, impact, and even balance restrictions.

Although often thought of as a startup program, chair-based exercise increases function and confidence allowing for a natural progression to land-based upright formats that can focus on gait and balance training. Others may find it a next step or complement to aquatic exercise and a means by which a student can adhere to multiple aspects of cross training.

When Ann Gilbert, (Shapes Fitness for Women Owner/Operator, Master Trainer and Champion for WaterinMotion®, SCW MANIA® Presenter / Trainer / Faculty Member, ACE/IHRSA Personal Trainer of the Year, and entrepreneur, was asked about the validity and practicality of this program, she responded, “I have researched many chair-based programs, and I am very comfortable stating that S.E.A.T. is different from anything I have seen. I am always looking for new ways to bring members back to fitness, and return them to a healthy lifestyle. In S.E.A.T., we work in all three planes of motion and address every fundamental movement pattern. We specifically support our aging population and de-conditioned clients. This program will help individuals start a fitness program and will retain individuals that are aging out of our traditional offerings. S.E.A.T. is definitely the way we can secure our fitness future.”

Exercise is medicine.

Exercise reduces the risk of death from breast cancer and recurrence by 50%, lowers the risk of colon cancer by two-thirds, reduces the risk of Alzheimer’s by 40%, reduces heart disease and high blood pressure by 40%, lowers the risk of stroke by one-third, lowers the risk of type II diabetes by two-thirds, and decreases depression as effectively as Prozac or cognitive-behavioral therapy.

Join us today, and sit to be fit!

CHAPTER 2
Anatomy & Exercise Science

As with all forms of exercise, instructors should be familiar with the basic skeletal names of the body, major muscles, joint actions, and common movements when they are used. This will not only create validity and credibility for the instructor but also help to educate class participants on the “feels” as the instructor delivers cues for body focus and postural alignment. Most of the systems in the body work together to create head-to-toe function, which includes postural alignment, involuntary and voluntary movements and patterns, and support for each other.

Muscular System

This system includes all the skeletal, visceral, and cardiac muscles, tendons, and ligaments. Our human body has more than 600 muscles.

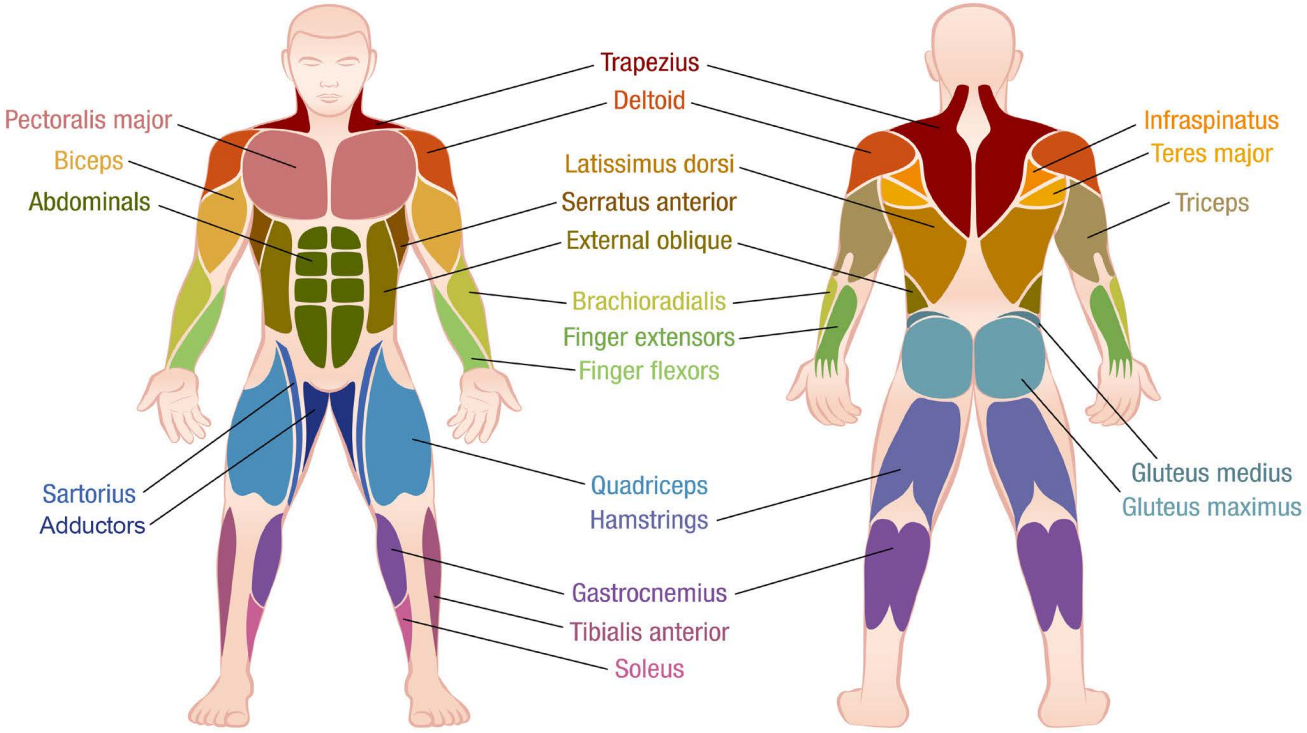
- Skeletal muscle - the striated voluntary muscle attaches via tendons to the bones and works with the skeletal system to create movement
- Visceral muscle - the smooth involuntary muscle found in the walls of organs such as the esophagus and stomach
- Cardiac muscle - muscle found in the heart

Muscle as we Age

Sarcopenia is the decline in lean body mass that occurs as we age, and most of that mass we lose is skeletal muscle. It was found that the average man will lose 30% of their muscle mass throughout their life. One of the largest contributors to Sarcopenia is inactivity, and it is widely recognized that the muscle atrophy we experience can be combatted by progressive resistance training. However, individuals do not always have the proper equipment or capabilities for a resistance training program, which is where S.E.A.T. shines.

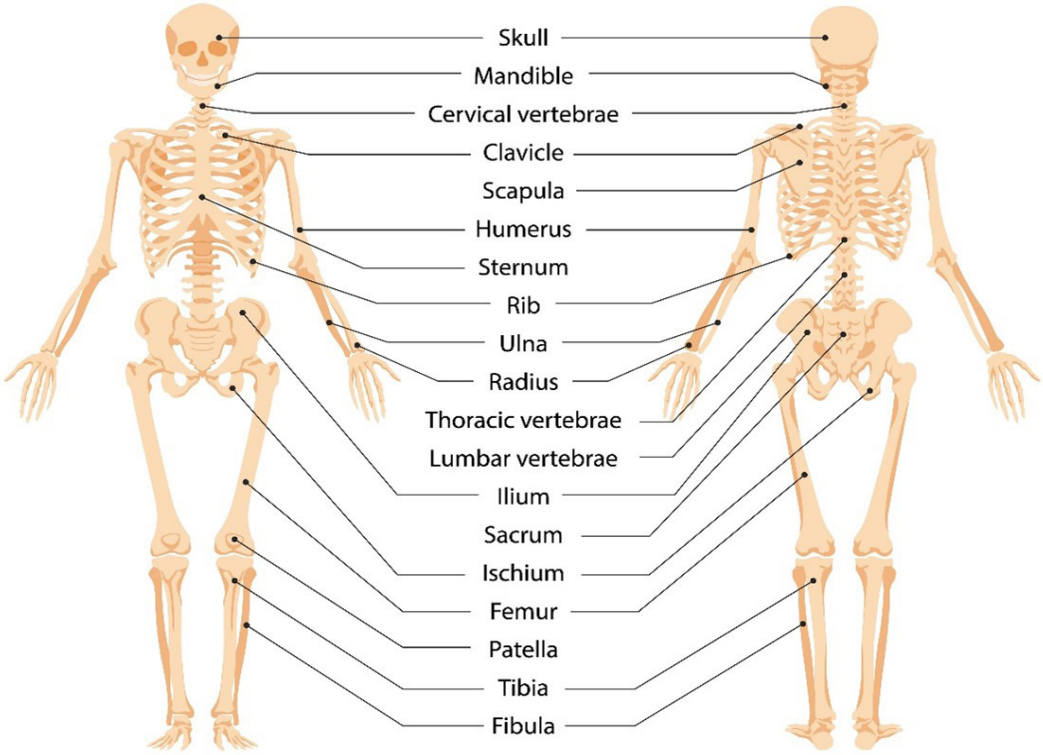
- The chair format provides easy access for all populations
- The choreography and movement focus on relevant movement also referred to as Activities of Daily Living (ADLs)
- The program is progressive through the addition of easily accessible equipment
- The focus on control and strength improves balance and coordination in addition to combatting muscle atrophy

Refer to the diagram on the following page for a breakdown of the major muscles of the body.



Skeletal System

Composed of 206 bones at adulthood, this system works as a support for the body. It provides protection to the organs, allows movement, makes blood cells, stores minerals, and gives shape to each person as an individual. Much like muscle, bone is a living tissue that decreases in density as we age, which is commonly referred to as Osteoporosis. The skeletal system also responds to exercise and allows individuals to achieve greater bone density and strength. This is crucial in preventing fall related fractures or injuries as we age.



Cardiovascular System

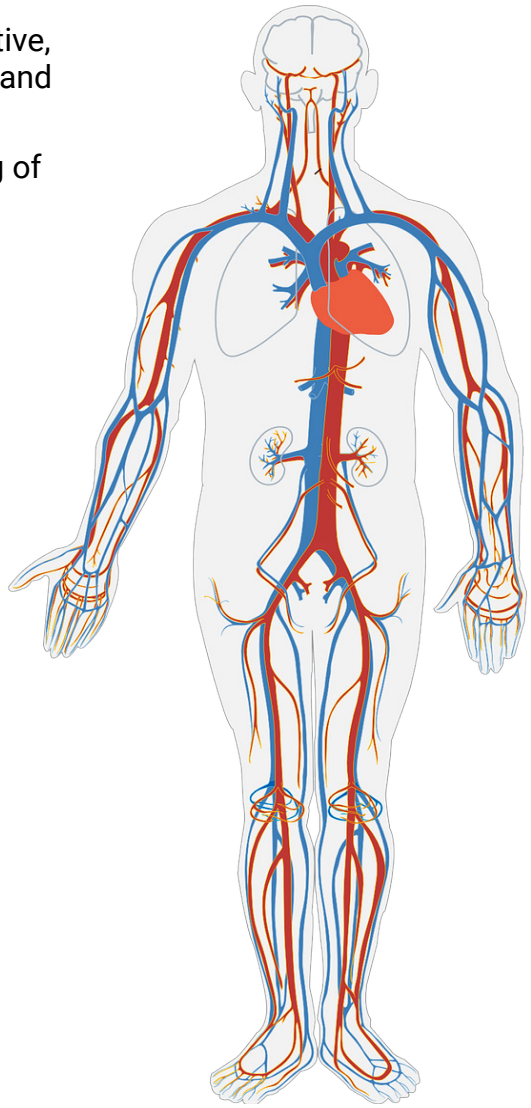
The three parts of this system (heart, blood, and blood vessels) serve to transport nutrients and blood throughout the body. Various forms of heart disease become more common as we age. Exercise is one of the best prevention tools we have available since it keeps our heart healthy in addition to controlling blood pressure. The seated format is a great tool for highly deconditioned individuals to improve their cardiovascular capabilities as well as those who struggle with traditional conditioning formats. The cardiovascular system is also affected as we age with changes occurring in the heart, blood vessels, and in the blood itself. As we age and the cardiovascular system becomes less efficient with a lack of exercise, the cardiovascular system has to work harder to pump blood throughout the body.

Heart

- The pacemaker of the heart (SA Node) loses cells resulting in a slower heart rate
- Heart size can increase causing the heart to fill more slowly with blood
- Heart muscle cells can degenerate slowly and stiffen the heart valves
- Abnormal heart rhythms such as atrial fibrillation become more common

Blood Vessels

- Receptors that monitor blood pressure become less receptive, which is a common cause of hypotension (blood pressure rise and fall when you stand from a seated position)
- Capillary walls can thicken, which results in slower passing of nutrients
- Thickening blood vessels can cause an increase in blood pressure



Blood

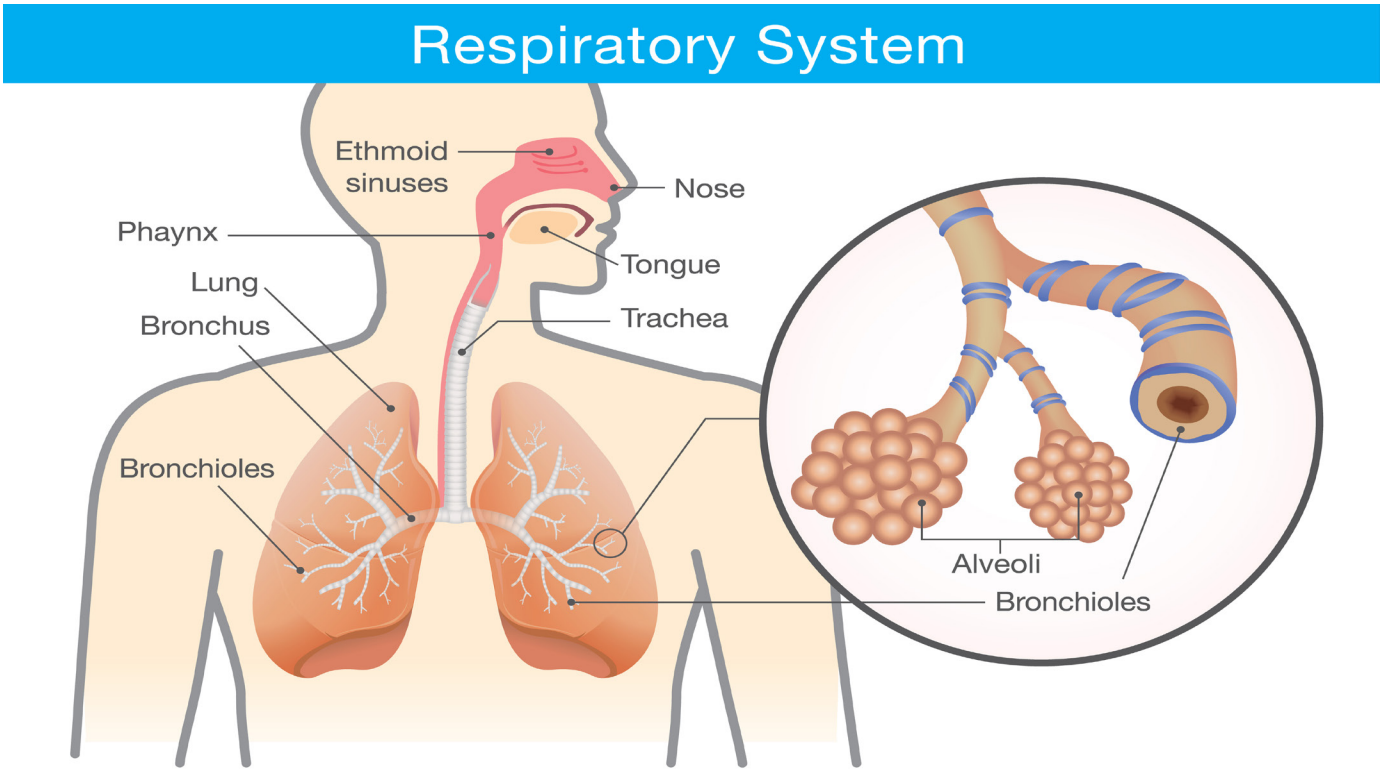
- There is a reduction in water throughout the body, which decreases blood volume
- Red blood cell production slows and results in a slower response to blood loss or anemia
- White blood cells decrease in number and lowers the ability to resist infection

Respiratory System

The organs, tissues, and muscles of the body that help you breathe, carry oxygen, and eliminate waste from the body and include the airways, lungs, and blood vessels are referred to collectively as the respiratory system.

The components of this system work together during physical movement and tend to function best when required to undergo challenges on a regular basis. Regular physical activity leads to improvements in many areas including cardiovascular fitness, muscular strength and endurance, joint stability and mobility, and an increased sense of well-being and decreases in many diseases. The ACSM (American College of Sports Medicine) recommends that all healthy adults aged 18-65 years old participate in moderate intensity aerobic activity for a minimum of 30 minutes five days per week and perform strength training a minimum of two non-consecutive days per week with one set of 8-12 repetitions (10-15 reps for older or frail individuals).

These recommendations remain unchanged for adults over 65. However, for older adults who are deconditioned, have chronic conditions, or are functionally limited, a more conservative exercise program is recommended. Remember, any amount of exercise and activity is better than none.



CHAPTER 3
Movement Principles

ALIGNMENT

The body is “in alignment” when the major joints follow symmetrical patterns between the two sides and/or display vertical alignment with no twisting. Cueing the alignment of the major joints of the body with some additional physical landmarks such as the direction of toes promotes stability before adding mobility.

“Stability before mobility” is a teaching approach favored in therapeutic and exercise science communities and within the SCW certification courses.

NEUTRAL

The body is in “neutral” or anatomical position when the joints line up with the ears, the ribs and the hip connection is fixed (not soft) and the bowl-shaped bones of the pelvis, front and back, are in alignment. Movement during class may take the body out of neutral but should never take it out of alignment. The spine is in a neutral position when it is naturally EXTENDED.

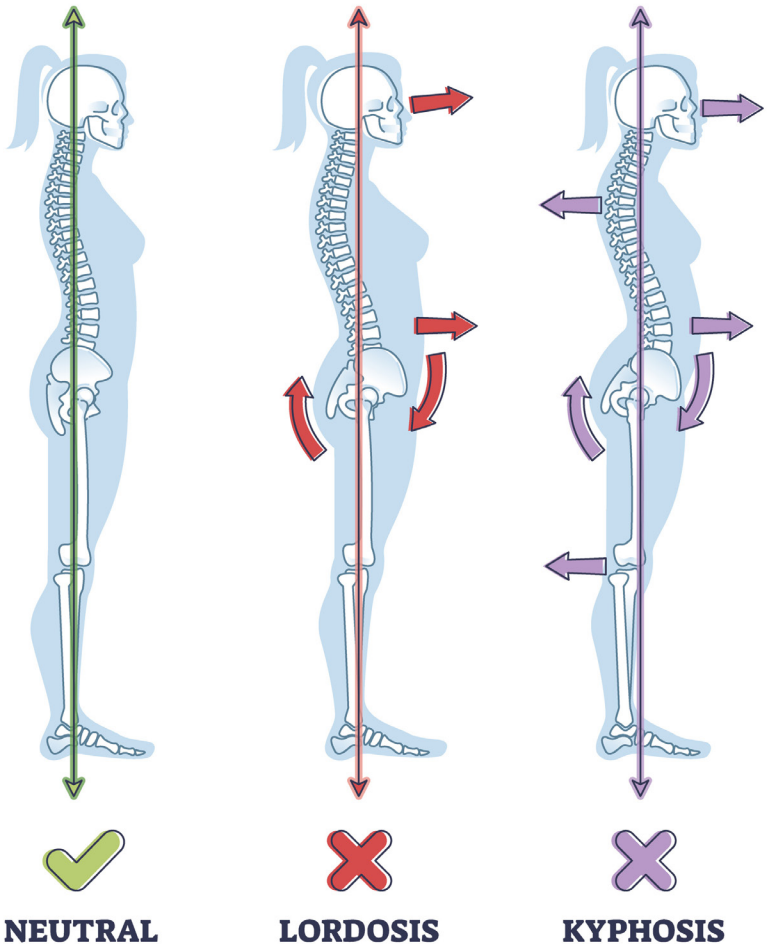
Example: When standing tall with good posture, the body’s joints line up in one line, which creates alignment. The body is in NEUTRAL. If we flex the knees and put our hands on the quadriceps and round our backs, we are no longer in neutral, but we are still in alignment. To maintain a safe environment, instructors should coach and demonstrate NEUTRAL and ALIGNMENT as much as possible.

Deviations from NEUTRAL
When standing, sometimes the muscles in the upper front of the body pull too strongly and overstretch the muscles in the upper back and shoulders resulting in forward head posture and an upper flexion of the spine. This is called **KYPHOSIS.**

Whenever the muscles in the lower back pull the pelvis towards the back, this condition is known as **LORDOSIS**. A spine that appears “S” shaped usually indicates a condition called **SCOLOIOSIS.**

A pronounced “sway” or arch in the lower spine or lumbar vertebrae is known as LORDOSIS. This may be inherited or caused by conditions such as arthritis or muscular dystrophy. Often, low back pain will result.

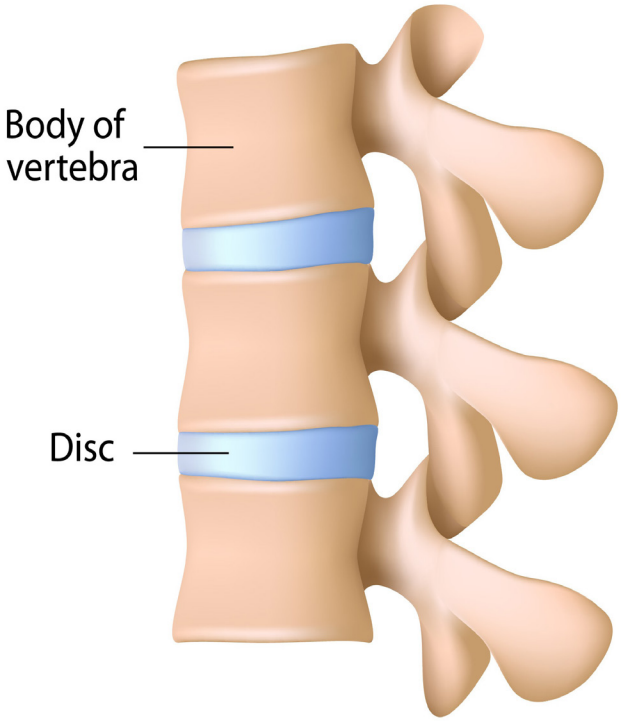
*Although instructors **should not diagnose** these deviations from proper postural alignment, they should be able to recognize the characteristics associated with them. Giving cues for proper postural alignment and posture such as “make sure your shoulders are squeezing back and in toward your spine and your knees remain slightly bent during class” is an effective way to remedy potential postural deviations.



Above: The first photo illustrates neutral alignment, the second photo shows a lordotic stance, and the third photo features a kyphotic stance.

Alignment Shifts as we Age:

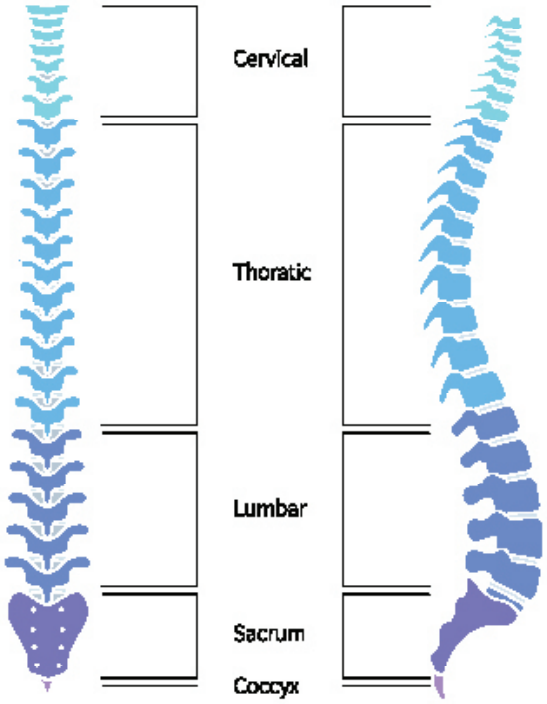
Kyphosis or an exaggerated forward head position is one of the most common deviations that occurs as we age. Intervertebral discs (pictured on the right) harden and lose flexibility over time. In combination with gravity, this causes the spine to curve and the forward tilt of the head increases. This is also accentuated by modern work life and being deeply reliant on phones and computers. Cues such as pulling your shoulders back and down or tucking your chin are great ways to work on postural misalignment in our participants.



5 SECTIONS OF THE SPINE

The healthy spine is extended and neutral rather than straight. Each section has a small, normal curve. When the curves become exaggerated, these are known as unnatural deviations.

Instead of “sit up straight”, instructor terminology should reflect a more realistic approach to spinal stability while encouraging a neutral spine with words such as “lifted”, “extended”, and “elongated”.



4 SPINAL MOVEMENTS

Flexion: Decreasing the angle or space between bones.
Extension: Increasing the angle or space between bones.
Rotation: Medial (inward) or lateral (outward) turning about the vertical axis.
Lateral Flexion: Flexion laterally to one side of the body.

3 PLANES OF MOVEMENT

Exercise movements occur from positioning the body in a variety of possibilities, but all movement occurs in only three planes in space.

- **SAGITTAL PLANE**: space for moving forward and backward, pushing, and pulling, which is associated with FLEXION and EXTENSION.

    Activities of Daily Living Examples:
    Standing up from a seat, bending to pick up an object, walking up stairs

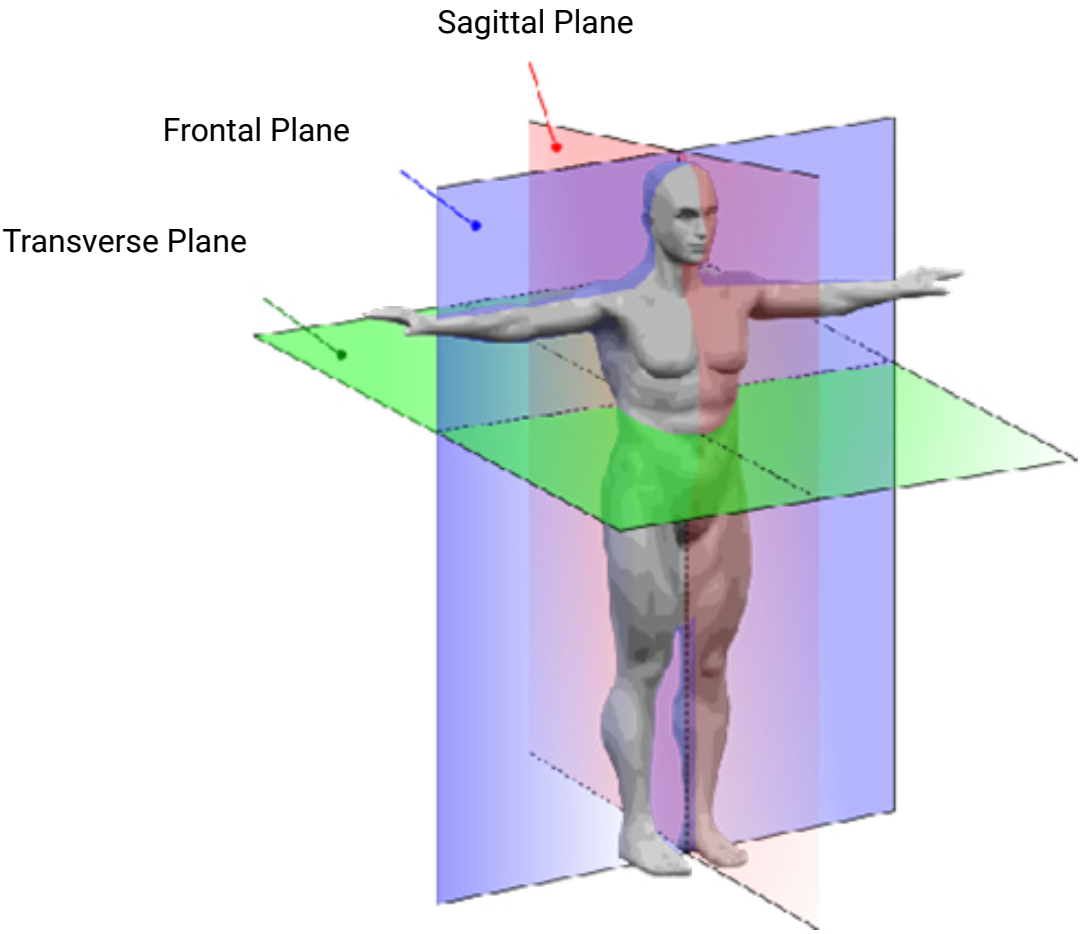
- **FRONTAL PLANE**: space for moving side to side, which can be easily seen from the front and is associated with ABDUCTION and ADDUCTION.

    Activities of Daily Living Examples:
    Side step through a line, raising arms to the side to put on a coat

- **TRANSVERSE PLANE**: space for moving across and around, sweeping, or twisting across the body associated with ROTATION.

    Activities of Daily Living Examples:
    Using a screwdriver, swinging a golf club, checking mirrors while driving

Instructors should note that spinal movement occurs in all the planes: sagittal, frontal, and transverse. However, as we age, most of our daily movement is done in the Frontal Plane. Further, many lose the ability to rotate properly through the Transverse Plane, which is due to a lack of mobility, balance, or strength. The Chair format of this certification provides a safe alternative for individuals to practice rotation throughout the Transverse Plane.

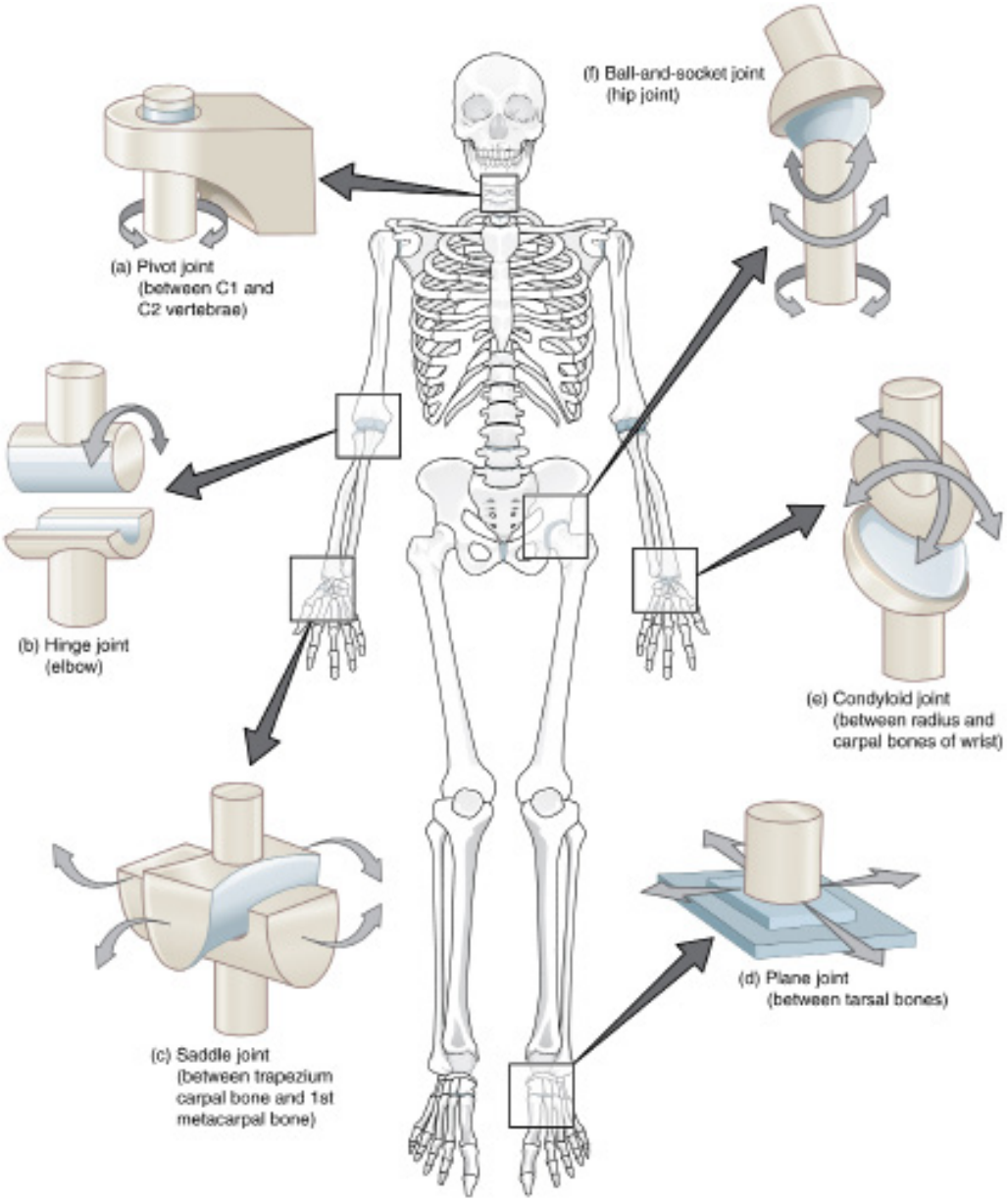


JOINTS OF THE BODY

The major joints are the ankles, knees, hips, elbows, shoulders, neck, and wrists. Additional cueing that might accompany joint alignment includes pelvic floor and transverse abdominus contraction.

Joint actions:

- Flexion - decreasing the angle of a joint or bending a joint
- Extension - increasing the angle of a joint or straightening a joint
- Abduction - movement away from the midline of the body
- Adduction - movement toward the midline of the body
- Rotation - a circular movement around a fixed joint toward or away from the midline of the body



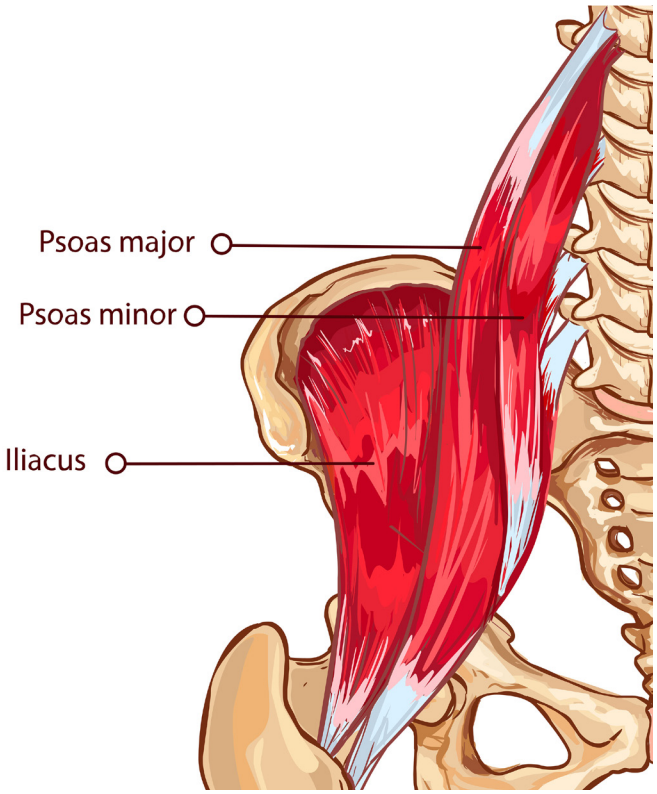
5 FUNDAMENTAL MOVEMENT SKILLS FOR ADLs (Activities for Daily Living)

1. Squat or Sit to Stand - standing up from your chair, sitting on the toilet
2. Single-sided - walking, stepping over a curb, biking
3. Push & Pull - opening and closing doors, stowing your carry-on, pushing a wheelbarrow
4. Rotational - throwing a ball, putting on a seatbelt
5. Hinge & Row - picking up toys from the floor, lifting your groceries

To reduce the risk of injury during everyday living activities, it is crucial to maintain proper control and strength with balanced exercise routines that involve each of the fundamental movement skills listed above. We will address each of these skills as we get into the track focus for this program.

Most of the skills listed above will involve some sort of stability/flexibility of the hip flexors and ankles. The back and knees will also be covered since they are common body parts for injury in the active aging population. Understanding the information below will assist you as you coach your students through each chair session.

Hip Flexors

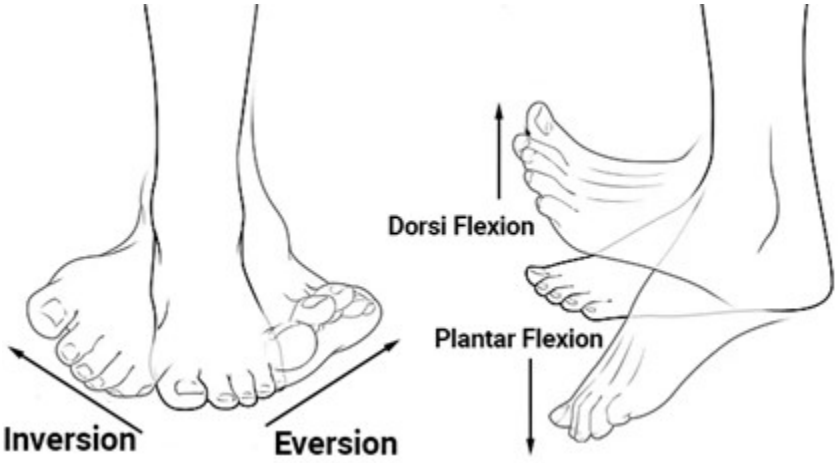


The hip flexors are a group of muscles (iliacus, iliopsoas, and rectus femoris) that run from approximately the hip area to the knee joint. Every time you take a step, you use your hip flexors. Prolonged periods of sitting, poor posture, stress, and improper biomechanics can cause weak hip flexors, which in turn can cause low back pain, knee and hip pain, and gait changes. It is important to stretch and even strengthen this group of muscles during each chair workout session and remind your students to lengthen this area if they tend to sit for long periods of time at home or work to avoid injury and pain.

The exercises listed below can be incorporated into your workout to help lengthen and strengthen the hip flexors:

- Sit to stand
- Chair assisted lunge
- Knee lifts with resistance
- Squats to abductor lift (leg lift to side)
- Band work for hip flexors

Ankles

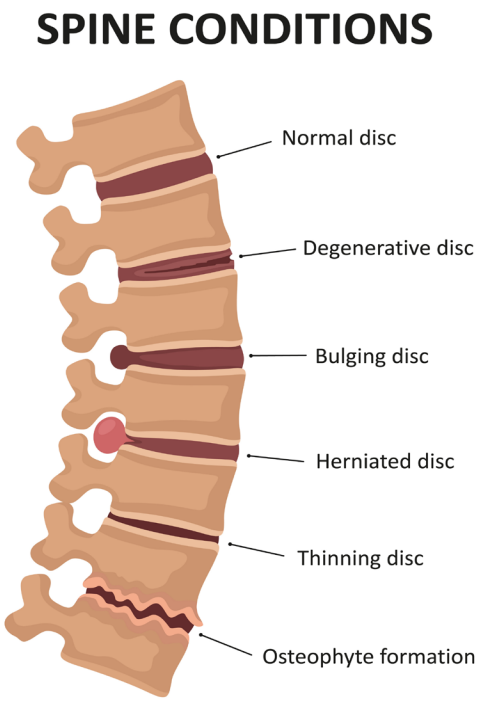


Poor ankle flexibility is usually caused by tight or weak muscles in the lower leg (calf, back of the lower leg). “Stiff” ankles can create many problems in the entire body, often starting in the feet and knees, then moving to the back and hips, and eventually the shoulders and neck. If a person is not able to raise and lower their foot, they will ultimately have issues with walking or moving. As people age, they tend to have weaker tibialis muscles (located on the shin), which are responsible for dorsi flexion. This weakness will cause a higher trip and fall risk for our participants. Therefore, a strong focus on dorsi flexion is a good place to start with most individuals.

Exercises to improve ankle mobility include:

- Dorsiflexion/plantar flexion exercises
- Calf stretches
- Stretches using a towel or a similar item
- Self-myofascial release exercises

Back



As referenced earlier, the spine becoming more kyphotic is one of the most common shifts that occurs as we age. Also, chronic back pain is one of the most common issues among the entire population with the primary cause being a sedentary lifestyle. Injuries associated with back pain include

- Muscle or ligament strains
- Bulging or ruptured disks
- Herniated or thinning disks
- Arthritis
- Osteoporosis

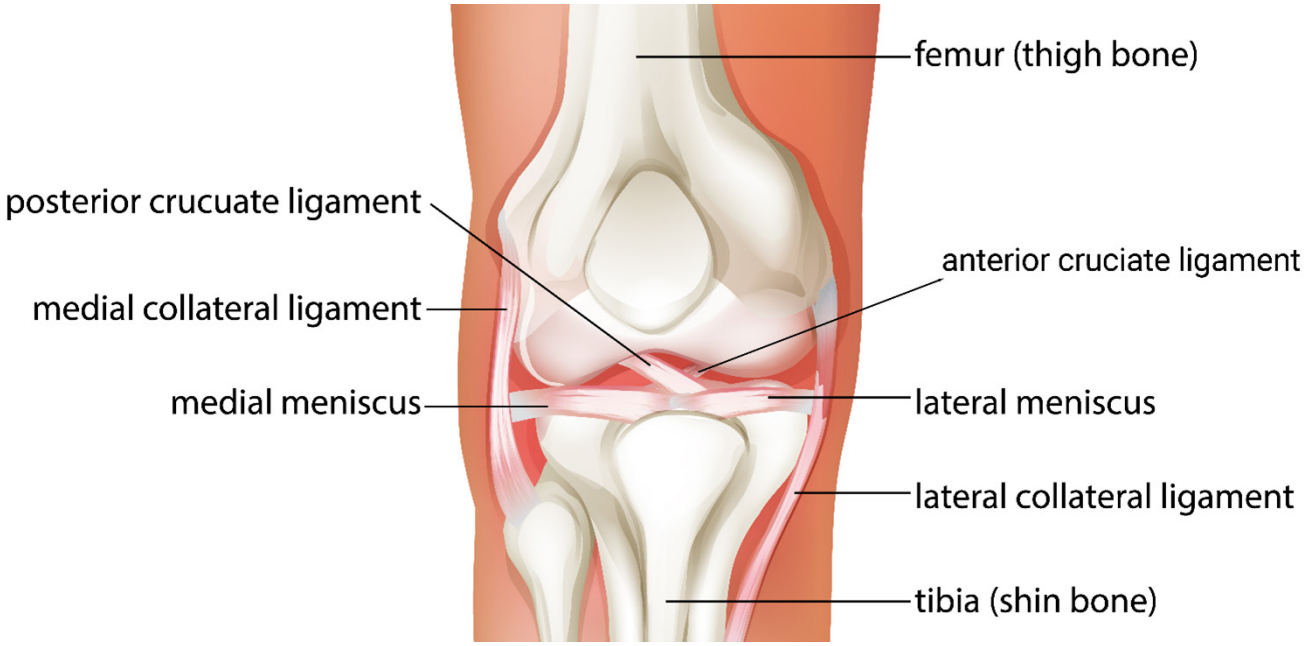
Consider the Following:

- 65 million individuals are afflicted with chronic back pain
- 80% of Americans experience a back problem at some point in their lives
- 54% of people with back pain have the problem for 5 or more years
- Over 50% of individuals know that a sedentary lifestyle is the cause of back pain

The exercises listed below can be incorporated into your workout to help strengthen and lengthen the back with the low impact format of the Chair workout.

- Seated Bend and Row
- Seated Cat and Cow
- Seated Good Morning

Knees



Having knee pain is one of the most common ailments in our aging population, and there are approximately 600,000 knee replacements done each year in the U.S. alone. In addition, it is the second most reported type of common pain. Some of the most common types of knee pain include:

- Tendon sprains and strains (ACL, MCL, LCL, Meniscus)
- Arthritis
- Patellar tendinitis (jumpers knee)

These ailments are accentuated with age in addition to obesity, which places more stress on one's knees over time. This is another benefit of the chair program since performing strengthening exercises from a seated position places little to no pressure on the knees.

Exercises to improve knee strength and mobility include:

- Seated knee extensions
- Seated leg raises
- Knee flexion (use back of chair for balance)
- Seated clamshell (use a ball or band to increase resistance)

CHAPTER 4
Training the Ageless

For substantial health benefits, adults should perform at least 150 minutes to 300 minutes of moderate intensity exercise per week or 75 minutes to 150 minutes of vigorous intensity aerobic activity throughout the week. Most experts agree that additional gains are not seen when the student exceeds the 300-minute mark.

Aerobic activities are defined as exercises in which people move their largest muscle groups in a rhythmic pattern over a period of time. Brisk walking, biking, dancing, swimming, and chair-based workouts increase heart rate and breathing making the cardiovascular system endure more intensity over time, which helps decrease the risk of age-related functional regressions.

Most ageless students will use relative intensity when assessing the effort made to complete a task. Overall intensity is estimated on a Ratings of Perceived Exertion (RPE) scale of 0-10 where sitting still is 0 and the highest level of effort is 10. In most cases, the ageless student who is working at a moderate intensity, 5 or 6, will be able to speak but not sing the alphabet without becoming breathless. Vigorous intensity begins at level 7 or 8 and creates a larger demand on breathing and heart rate. Most experts agree that 2 minutes of vigorous movement is roughly the same as 4 minutes of moderate activity for many individuals.

Adults should also engage in muscle strengthening activities of moderate intensity that involve all major muscle groups on 3 or more days of the week.

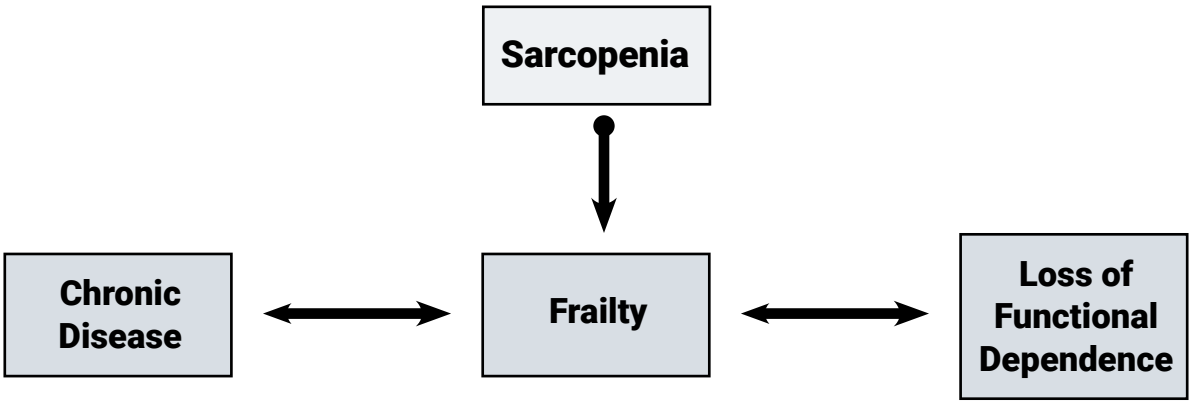
Strength training helps to counterbalance the loss of muscle that accompanies the aging process and lowers the resting metabolism. An increase in muscle mass will also increase the body's ability to burn calories at rest. Therefore, the underlying factor in weight gain is often a loss of muscle.

Benefits of strength training include increased muscular strength and endurance, a reduction in body fat, decreased low back and arthritic pain, lowered blood pressure, speeding up the digestive process, improving blood lipid levels, and increased self-esteem along with decreasing loneliness and depression.

Examples of resistance training activities include weight training, working with resistance bands and tubing, and participating in body weight formats that ask the muscles to work harder than they would in activities of daily life. Even one set of 10-12 repetitions will create enough work to get started toward the goal of increasing weight that can be lifted, pulled, or pushed. Resistance training activities must be progressive, which means that increases in sets, reps, weight load or time under tension must occur to continue reaping the benefits of the programming.

Adults should engage in balance training for at least 30 minutes three times per week according to ASCM current guidelines. Balance training, agility, and speed training, once thought of as only appropriate for advanced athletes, are all included in a multicomponent program for the ageless student. Balance training assists the student in combating forces outside and within the body that

might cause a fall. Understanding how to stabilize before mobilizing is essential in the process. Basic movements include standing from the seated position, moving around objects, walking on a thin line with a heel-to-toe focus and changing the speed of the movements along with direction will assist in training balance. Additionally, these exercises will address the loss of the fast twitch muscle fibers due to sarcopenia, which is the presence of low skeletal muscle mass and low muscle function.



Categories of Age

There are five types or categories of age that will be addressed in this certification. We will use chronological age as the "umbrella" term since it is the least important determinant for how someone functions.

Chronological Age (CA) refers to the process of accumulating time from birth to the time we report our current status. We should note, that while not all cultures describe "birthdays" in the same way, for purposes of this course, the clock starts when we exit the womb, and we complete our first birthday 365 days after that moment.

Functional Age (FA) refers to our ability to accomplish the Activities of Daily Living (ADLs) that we need to move effectively and efficiently. When we train properly and can perform more of these tasks independently, we are performing at a higher functional age. We will implement movements that make our participants more independently capable every day, so that we improve their functional age.

Biological Age (BA) refers to how we compare to standards, according to the medical community, with others sharing similar demographic and chronological age. When we train with success to reverse physiological concerns such as, reversing diabetes or reducing cholesterol or blood sugar levels, we improve our biological age. Another way to think of biological age is to consider how a person compares to the majority of peers that are the same chronological age. We will incorporate movements that improve cardiovascular endurance, strength, flexibility, and gait efficiency leading to an improved biological age.

Social Age (SA) refers to our ability to interact successfully with those in our cultural framework. When we train with success in small groups and accomplish task-dependent projects, this is appropriate training for social age. We will add movements that integrate the members of class with each other in various ways with the purpose of improving their social age.

Psychological Age (PA) refers to our ability to use the brain's major functions to accomplish the tasks we need to demonstrate self-efficacious independence on a daily basis. When we add neuroplasticity training to our programming, this is appropriate training for our psychological age (Bryant).
These skills and drills integrate areas of the brain along with movements to decrease or improve psychological age.

Impact of Exercise on the Brain

Almost 40% of individuals over 65 are affected by some type of memory impairment. We know mental stimulation is important for our clients' brain health, but what is often overlooked is how many positive benefits there are from physical exercise.

Exercise Increases Blood Flow and Oxygen to the Brain
Exercise increases your heart rate, which will increase blood flow to the brain. This in turn, exposes the brain to a higher level of oxygen and nutrients, which will promote the release of beneficial proteins to stimulate the growth and overall health of neurons that are the building blocks of the brain. Exercise can also improve the health and function of the synapses between neurons allowing brain cells to better communicate.

Exercise Boosts Your Mood and Reduces Stress/Anxiety
Studies have shown that every time you move your body, a number of beneficial neurotransmitters, including dopamine, norepinephrine, serotonin and acetylcholine, are released into your brain. These neurotransmitters can decrease feelings of anxiety and depression. People who exercise tend to be happier and less stressed than those who don't exercise. Regular exercise can also help you control your emotions when you feel angry or upset. It only takes between 10 and 30 minutes of daily physical activity to instantly lift your mood.

Exercise Improves Focus and Concentration
Research has shown that a single workout can improve your ability to shift and focus attention. This is an immediate benefit that can last for at least two hours after 30 minutes of exercise. It is recommended to participate in activities that increase your heart rate such as brisk walking, running, swimming, cycling, playing tennis, or jumping rope.

Exercise Protects Your Brain from Aging and Neurodegenerative Diseases
Imagine your brain as a muscle, and the more work you put into it, the stronger and bigger it becomes over time. Longitudinal studies in humans suggest that regular exercise can increase the size of the hippocampus and prefrontal cortex, which are susceptible to neurodegenerative diseases such as dementia and Alzheimer's. Although exercise won't completely prevent or cure normal cognitive decline in aging, working out on a regular basis can help reduce or delay the onset of disease.

Remember, you don't have to become a triathlete to reap these benefits. The Centers for Disease Control (CDC) recommends 150 minutes of exercise per week; which may sound daunting, but start with a few minutes per day and increase the amount you exercise by five or 10 minutes every week until you reach your goal. Additionally, don't forget that those ADLs such as intense mopping, raking leaves, vacuuming, and going up and down the stairs count, too. Now the only question left is when will you get up and start your brain transformation?

ESSENTIAL MOVEMENTS FOR S.E.A.T.

***Always place your chair on a secure and non-slip surface**

Seated Position

Seated Single Leg Crunch

Sit to Stand

Seated Bend and Row

Standing Single Leg Stance

Standing Abduction

Standing Single Leg Hip Hinge

Standing Hip Extension

Chair Assisted Squat

Tips for Teaching Movements

- Sit to Stand - standing up from your chair or sitting on the toilet are IADL skills (Instrumental Activities of Daily Living)
- Single-sided - movements such as walking, stepping over a curb, and biking are IADL skills (Instrumental Activities of Daily Living)
- Push & pull - movements such as opening or closing doors, stowing your carry-on, and pushing a wheelbarrow are AADL skills (Advanced Activities of Daily Living)
- Rotation - throwing a ball and putting on a seatbelt are AADL skills (Advanced Activities of Daily Living)
- Bend & Row or Hinge & Row - picking up toys from the floor and lifting your groceries are AADL skills (Advanced Activities of Daily Living)
- Stretching the hip flexors (iliacus, iliopsoas, and rectus femoris) decreases low back and knee pain and gait changes

1. **Standing from hip flexion to extension requires a focus on the following:**
   - Placing feet hip distance apart and flat on the floor
   - Centering weight between the forefoot and the heal (toe-ball-heal)
   - Depressing the shoulder girdle
   - Establishing a neutral spinal alignment
   - Engaging core muscles
   - Crossing hands chest high
   - The chief muscles used to sit and stand are your leg and hip muscles including, the quadriceps, hamstrings, glutes, and abdominal muscles

2. **Single leg movements require a focus on the following:**
   - Establishing good postural alignment
   - Moving the joint away from the midline of the body and or back toward the midline of the body
   - The ability to dorsi and plantar flex at the ankle joint
   - Lifting the foot off the floor and returning in a rhythmic pattern

3. **Push & Pull movements require a focus on the following:**
   - Balancing joint movements from front to back with options appropriate for all students according to ability
   - An introduction of unilateral movements as well as bilateral movements
   - Exercise progressions in reps, sets, or time under tension
   - Using a variety of innovative equipment
   - Working through both concentric and eccentric contractions with a full range of motion

4. **Rotation movements require a focus on the following:**
   - The ability to place hands on the sides of the chair's base while rotating along the thoracic and lumbar spinal column while maintaining a strong postural alignment
   - The ability to move the upper body along all planes of motion while seated

5. **Bend and Lift movements require a focus on the following:**
   - The ability to hinge or flex at the hip
   - The ability to row or pull with muscles that are in direct opposition to gravity or where tubing is attached

6. **Stretching the hip flexor group requires a focus on the following:**

- Improving the sit to stand skill
- Lengthening the muscles during and after the S.E.A.T. sessions
- Educating on the importance of stretching and reminding your students to lengthen this area if they tend to sit for long periods of time at home or work

Music

The programming uses pre-formatted, fantastic sing-along quality music with Beats per Minute (BPMs) that range between 130-140 for each release. All tracks have been formatted with a Verse - Chorus - Bridge layout, which repeats 3 times to allow your class members to learn and then master the moves and achieve a feeling of success.

The 3 M's: Move, Muscle & Motivation

Three Parts of Choreography

**Choreography and our branded format will be covered further in Chapter 6*

- Verse = V
- Chorus = C
- Bridge = B
- Part 1 – V1, C1, B1 – Articulate the Move
- Part 2 – V2, C2, B2 – Articulate the Muscle(s) being worked
- Part 3 – V3, C3, B3 – Motivate your students

2	Sit to Stand				Thunderstruck				
I	Circle arms								
V	Walk to side, elbow to knee 2x R, 2x L								
C	Punch FF BB, sit to stand with circle arms								
B	High row JJ x 3, land speed x2								
F	Sit down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

MOVE

We will begin with enabling your students to simply complete the MOVE and focus on form. Simply put, we want them to do what we are teaching and demonstrating.

D.R.I.L.L.L. Principle

To assist with your verbal cueing for MOVE, use the D.R.I.L.L.L. principle. This acronym represents the important elements of verbal cueing, which include direction, rhythm, intensity, lever, length, and level. Verbally cueing the MOVE requires simple verbal directions to ensure your students follow you.

D - Direction

- Provide instruction to your students on which way to face or travel (front, back, side, right/left)
- Increase the level of concentration needed to perform the move and combat boredom
- Remember, if you will change which direction students face, you must adjust your chair location to be seen or demonstrate the move standing

R - Rhythm

- Articulate the beat of syncopation of the move, and count the beats out for your students or countdown when a new move is approaching
- Changes in the rhythm can increase exercise intensity, and the changes in the rhythm can be done with the beats per minute (BPMs) of a song

I - Intensity

- Emphasize the correct move (using verbiage or volume of your voice to focus participants on the correct body part or movement)
- Explain to your students the focus of the exercise and what portion of the move must be emphasized can increase performance
- Please remember that intensity also relies on muscular force and range of motion, so cueing this to your students is a great way to increase intensity

L - Lever

- What are the legs, arms, hands, or other external body parts doing during the move
- Begin with the legs and arms before moving to smaller body parts since they are the largest muscles in the body and have the most influence on the movements

L - Length (of time)

- How many repetitions are done for each move - 8 counts, 16 counts, etc.
- This is a crucial portion to keep movement consistent with the rhythm and BPMs of the music

L - Level

- Refers to the level of difficulty for a particular movement
- Reduce or increase range of motion (ROM), resistance, or provide/take away support

MUSCLE

Our 2nd "M" is Muscle. When planning our Muscle cues we are setting our students up to learn more about what is happening on a physical level to their body.

There are many reasons to name the Muscle(s) that are active in different movement sequences.

1. Naming the muscle(s) provides our students with valuable information. For example, ask your participants where they feel this working? If your class gives you the wrong response or a body part that should not be active, you know that you need to change your verbal instructions, so that your students are performing the move correctly and targeting the desired muscles.

2. Your students are there to learn and will absorb much of what you are saying without realizing it. You will be amazed at how many muscles they will be able to name just from hearing you say them.

- Remember to start simple when naming muscles. As an example during a seated leg extension, start by pointing to your thigh and then move on to referencing to the muscles as the quadriceps.
- The learning of new muscle names also increases cognitive stimulation for your participants, which is important as we age.

3. When your students know which muscles are working, they focus on the feeling of the move and tend to perform better. Numerous studies have shown that when you think about how and why a movement is performed, you experience greater muscle contractions and better performance.

MOTIVATION

How can we inspire our students to give us that extra effort and enthusiasm? We must provide it first! Remember, we don't want our participants merely tolerating or adhering to the program, we want them to be excited to come to class each and every time!

Verbal Motivation

- Use enthusiastic language such as "great", "wonderful", "terrific" etc.
- Remember to modify your language, if possible, to maintain authenticity and engagement
- Another method includes asking students questions to keep them engaged and involved in the class

Visual Motivation

- Set the standard of quality movement for your students and perform the movements with energy
- As an instructor, be more "dramatic" with your facial expressions and hand gestures

CHAPTER 5
The FITT Principle & Rate of Perceived Exertion (RPE)

The FITT principle is an easy-to-follow guideline to use as a suggestion for frequency, duration and intensity of exercise when scheduled in a week-long plan. (example included below)

- Frequency: Exercise completed 5 days per week
- Intensity: Moderate exercise intensity
- Time: 30-45 minutes per day
- Type: S.E.A.T. based cardiovascular and resistance training

When instructing S.E.A.T. the focus should be on intensity, duration, and frequency and the use of the Rate of Perceived Exertion (RPE).

Ask your students to address the scale often during the 30-minute program. Each student's goal is to be working at a Rate of Perceived Exertion (RPE) of 6-7 out of 10.

Although you are participating in a branded program, feel free to take breaks and add educational moments. Remember that in a 3-month period you aim to see improvement and not perfection. Since experts agree that students will benefit from three workouts or sessions per week, plan your students' workout schedules according to these FITT guidelines.

Updated FITT guidelines now include a specific focus on balance training. Once thought of as for advanced athletes only, speed, power, balance, and agility have become popular focuses for the ageless student as well. Remind yourself daily of the loss of muscle as part of the aging decline and how important the well-designed program can be to address these needs.

Slow twitch muscle fibers, also called type 1, are very slow to fatigue. They focus on postural control and smaller movements. Fast twitch muscle fibers (type II) provide bigger and more powerful movements but can fatigue much faster. The skeletal muscle contains both types of fibers, but the percentage can differ based upon genetics and age. By adding the powerful sit to stand and speed work throughout the session, S.E.A.T. will address all FITT guidelines for the aging and sedentary population.

Rating of Perceived Exertion (RPE) is a method of measuring intensity during physical activity. It is based on an individual's feeling or perception of how hard they are working during the workout. For most individuals, working in the moderate range allows them to receive the most benefits from a workout.

RPE Scale (Rate of Perceived Exertion)	
1	**Very Light Activity** (anything other than complete rest)
2-3	**Light activity** (feels like you can maintain for hours, easy to breath and carry on a conversation)
4-5	**Moderate Activity** (feel like you can exercise for long periods of time, able to talk and hold short conversations)
6-7	**Vigorous Activity** (on the verge of becoming uncomfortable, short of breath, can speak a sentence)
8-9	**Very Hard Activity** (difficult to maintain exercise intensity, hard to speak more than a single word)
10	**Max Effort** (feels impossible to continue, completely

CHAPTER 6
Our Branded Format

S.E.A.T. is a comprehensive total body workout that can be performed by a single individual, a small group or large exercise class in a very short period of time. Each track or song is formatted with a specific focus or purpose in mind. Instructors will feel confident that the experience being delivered is one that will make all students feel comfortable and secure while having fun.

Class Description

- Supported workout using a chair or stool
- Attention and focus on form & function
- Muscular & cardiovascular conditioning and endurance
- A full body workout
- Always add the fun factor
- This is branded choreography

Class Length

VERSATILITY: 45 minute or 30 minute Program

Should our S.E.A.T. instructors and facilities decide to offer a 30 minute program versus the full 45 minute program, we suggest that we remove two of the eight tracks provided. We can remove the Posture Track, as the instructor can focus on posture and proper body alignment in the Warm-Up track. Then we can remove the Total Body Track. This is because the Cardio track can emphasize full body movements and proper execution. Also, our 30-minute classes can trade in and out of which tracks that they decide to remove - sometimes eliminating just one track or selecting to remove two different tracks on different days. This improves the versatility and creativity of our S.E.A.T. program, and keeps our students .... on their toes!

Order of the Workout

The Sit To Stand track is intentionally placed after Strength track and right before Flexibility track because students need to be able to get up and out of the chair to exit the workout space. The Total Body & Balance track is important because balance work is essential for an older population.

Track One: Warm-up

Focus: Prepare the body for movement during the workout and set the tone for class

Benefits

- Increase the core temperature of the body
- Increase the heart rate
- Deliver synovial fluid to the joints: hip shoulder, hands, feet & spine
- Address manual dexterity and ankle mobility
- Rehearsal for movements that will be performed in program

The warm-up is so much more than just the science listed above. This is where the S.E.A.T. instructor captures the audience, outlines the 30-minute program, and instills a level of confidence in the student's mind. The S.E.A.T. program uses music that is engineered in a verse, chorus, bridge format, allowing for three full rounds of the choreographed movements. Students will perform exercises in all three planes of motion, while slowly increasing the range of motion at the joint, the lever length, and intensity.

Track Two: Posture

Focus: Improve posture in the cervical, thoracic & lumbar spine to increase mobility & body awareness

Benefits

- Improve total body awareness and postural focus
- Increases the ability to move in multi-planar movements
- Improve and deter the progression of forward head & kyphosis of the spine

Track Three: Cardio

Focus: Increase heart rate and range of motion of upper and lower body

Benefits

- Increases cardio capacity
- Increases range of motion of long levers
- Engages Fast twitch muscle fibers for daily living activities

Let the party begin with track three. Students are instructed to use all sides of the chair while increasing the heart rate, by focusing on long lever lengths, and large muscle group movements. Research advocates that attention be placed on major muscle groups to increase efficiency in performaning Activities of Daily Living (ADLs). This will also lead to decrease falls and increase overall stability. While focusing on the large muscles; we must be sure to include the anterior tibialis, hip adductors, hip abductors, transverse abdominis, quadratus lumborum, thoracic rotators, spinal extensors, and the muscles of the pelvic floor.

Track Four: Total Body & Balance

Focus: Increased work intensity for the entire body & stabilization focusing on balance

Benefits

- Improves cardiovascular endurance
- Improves stamina
- Improves coordination of the total body
- Challenges balance by rapid movements to anchored positioning

This track will engage the total body and ask students to perform movements seated and standing and throughout all three planes of motion. All movements focus on transferring the training to everyday life. This is our train to transfer to ADL track, which is one of the unique aspects of the S.E.A.T. program.

Track Five: Memory

Focus: Simple cardio training while emphasizing brain and memory challenges

Benefits

- Improves Neuroplasticity in the brain
- Improves coordination of body and mind
- Creates simple brain challenges that are fun and engage the group

Track Six: Strength

Focus: Engage various muscle groups to build strength, stability, and endurance

Benefits

- Build muscular strength and endurance
- Improves joint stability
- Minimizes or delays onset of bone loss/osteoporosis

Track Six is the innovative seated resistance training track that will open your eyes to the possibilities of using small exercise equipment in a science-based program from the chair. The basic movements seen as essential to the active ager, as well as the sedentary or beginning student, are:

- Push/Pull movements
- Hip Extension movements
- Bend & Lift movements
- Carry activities
- Single Leg movements

The equipment of choice will be a pair of light dumb bells (or room temperature water bottles), tubing, and/or bands.

Track Seven: Sit-to-Stand

Focus: introduce large muscle movement and power moving in and out of the chair

Benefits

- Improves gluteal and core strength during the hip hinge
- Improves power and control of the lower body muscles
- Improves Stabalizing muscles for more controlled balance

Track seven is designed to introduce a Sit-to-Stand pattern. Students will be taught to engage the core while loading through the heals to stand. Instructors will encourage the use of the hand and will teach strategies for participants to assist themselves during the Sit-to-Stand progression. The Sit-to-Stand pattern is an essential movement for the aging and sedentary population, and it is an empathic means by which students learn the hip and low leg movements.

Track Eight: Flexibility and Mobility

Focus: Reset the mind and body and celebrate the workout

Benefits

- Increases flexibility of the chest and hip flexors
- Improves mood and hleps decreaes depression

This will always be the final track to stretch and lengthen the muscles and joints used in the class. Special focus will be placed on lengthening the hip flexors, spine, and ankles to release students from the seated position and prepare them for daily movement.

Coaching techniques should always include:

- Demonstration of training options, including standing positions and equipment used
- A brief review on the placement of the chair, location of resistance equipment, and general safety guidelines.
- A brief review on the placement of the feet, a neutral spine, and depressed shoulder girdle
- An overview of each track, the first pattern, and general options for progressions or regressions.

C.H.A.I.R.

* The above acronym will help you deliver an exceptional class experience to your students. Remembering to incorporate these guidelines into each class will help to set you and your class up for success by demonstrating consistency and reliability.

- ✓ **C - CONNECT**
  - Create connection and a comfortable and caring environment
  - Connect with the instruction - actions such as smiling and remembering students' names will create an atmosphere of acceptance and caring
  - Connect with each other - create an environment where students connect as a class and become friends
- ✓ **H - HEAR**
  - Use verbal cues so your class can hear you
  - Auditory learners will use this type of cueing to follow the moves
  - Speak loudly and clearly for those hard of hearing – wear lipstick (if comfortable) so those hard of hearing can read your lips
- ✓ **A - ANALYZE** (SEE)
  - Make sure your students can see you
  - Keep your students in full view so that you can visually analyze (see) their skills
  - Use visual cues, through both physical demonstration and nonverbal gestures so your students can follow you easily
- ✓ **I - INSPIRE**
  - Inspire and utilize intrinsic/extrinsic motivators
  - Provide correctional cues as needed
  - Always deliver praise – find something positive to comment on
- ✓ **R - REMEMBER**
  - Remember and recall the choreography
  - Use the program choreography, music, and video to assist your recall

TIPS for remembering your choreography:

- After receiving /downloading your S.E.A.T. release kit, please look through all the pieces (video, music, notes, etc.) to familiarize yourself with everything and to make sure you can begin the learning process.
- Listen to your music several times while getting a feel for the beats and perhaps the mood or energy of the song. Do not worry about the choreography for now.
- Next, watch the video from start to finish to get a feel for the flow of the workout.
- After this, take out your choreography notes, look them over, note any abbreviations or movements that are unfamiliar to you, and mark with a circle or highlight.
- Now, watch the video again, and this time, follow along with the notes. This is a great time to pause the video and add any clarification to your notes. For example, if you don't recognize the letter F in the notes, you may notice the lead instructor saying FRONT every time it appears in the notes. Write the word FRONT as a reminder. Start and stop as many times as needed.
- When you feel comfortable, play the video again while moving with the lead instructor. Note: you should always be moving in mirror image. Do this several times.
- Next, watch the video with just the music playing and not the instructor's cues.
- Now, you are ready to try just listening to the music, looking at your notes, and trying to move! Practice this as much as needed to progress to the next step.
- Now take the notes away, listen, and move.
- Finally, add in your cues as you move. This may just be the move itself at first. As you become more accomplished, you will be able to add follow up cueing, as well as motivational encouragement, letting your personality shine.
- Make time to perform a practice class with a few of your instructor peers. Master trainers even recommend videotaping all or part of your class for a final check of your posture, timing, and form.

REMEMBER, this is a learning process, so be patient with yourself. Take breaks when needed and start small. It will get easier with each release, and before you know it, you will look forward to learning new moves and having new music.

2	Sit to Stand				Thunderstruck				
I	Circle arms								
V	Walk to side, elbow to knee 2x R, 2x L								
C	Punch FF BB, sit to stand with circle arms								
B	High row JJ x 3, land speed x2								
F	Sit down								
V1	C1	B1	V2	C2	B2	V3	C3	B3	C4

I - Introductory move
V - Verse
C - Chorus
B - Bridge
F - Final Pose

All tracks in the S.E.A.T. program and choreography notes will follow the above format.

⇨ The first set of blocks in turquoise shows the track number(2), the track focus (Sit-to=Stand), and finally, the song title(Thunderstruck).

⇨ The white area explains the introductory move, followed by the moves in the V(verse), C(chorus), and B(bridge). The final pose is shown again in white.

⇨ The bottom blocks describe the layout of the song. In this particular track the layout would be the verse, chorus, and bridge repeating three times with the chorus receiving an extra round.

Many instructors find this mapping quite helpful when learning their choreography. The accentuated color-coded lines help keep formatting consistent with each song.

Since not all individuals learn in the same way, we always provide a video that matches the exact moves from the mapping as well. The instructors on the video will also reverse the instruction (or mirror image) which should also make it easier for certified leaders to learn. Our recommendation for learning choreography is that you choose the method that works BEST for you and stick with it. It may seem challenging at first, butthe choreography will become easier the more you practice and stick with the plan.

CHAPTER 7
Plan a Safe & Effective Workout

Understanding who your student is, and how he or she moves, is important to supplying a safe and effective workout. Just knowing how to cue a regression or progression will not necessarily make the student confident that you have his or her best interest in mind. Remember that the population interested in aging optimally will not be consistent day-to-day and will need constant adjustments. Be empathetic to all and take steps to stay focused on the energy they bring to class that day. Constantly reviewing activity and energy levels will be part of your everyday teaching experience. While physical activity is our fitness focus, mental activity is our social commitment. Observe carefully how they learn the patterns and present the movement.

You will be instructing three main types of students: Frail, Independent and Elite Athletes. Thus, it will be important to know your choreography, be able to repeat it, demonstrate it, and cue early enough to provide for comprehension and safety.

Start each class with a short introduction and demonstration of how to adjust for a specific need. Education is empowering for every population, but particularly for an aging or rehabilitating population. An introduction builds confidence and increases the overall feeling of security.

Always inspect the chairs you have chosen to use. Make sure all are stable and in good working condition. Ensure that the chairs are stable on the floor and do not slide or glide. They must be securely placed so that they do not move. Assist students in storing small equipment safely under the chair and keep a watchful eye on them during class. Ensure that the equipment does not move, and that the student will not step on or slip on the equipment. Check all small equipment before class to assure the students will not experience equipment breaking during the workout. Note clothing, laces, and or belts that may interfere when standing up from the chair. Clear the area of water bottles, personal items, or trash. Always have a first aid kit and AED available. Make sure your students have signed the proper PARQ and waivers required.

While it is important to complete a Par-Q questionnaire with your clients, remember that you must understand the information they share with you. This means that if you find out about any medication or pain they are experiencing, you should have the competence to know how to deal with this medication or medical condition. Only ask questions that illicit answers that you can integrate into your fitness programming. We highly recommend you never ask about medication or specific injuries. Rely on the physician release and recommendations. Never go beyond what a physician or medical practitioner recommends to your students

- Par-Q+: www.eparmedx.com/wp-content/uploads/2021/01/ParQ-Plus-Jan-2021-Image.pdf
- ACSM Health History Questionnaire: https://irp-cdn.multiscreensite.com/b02f9e8e/files/uploaded/C-ACSM%20Health%20History%20Questionnarie.pdf

We know your students learn in a combination of different ways. Those who learn through your verbal cues will need you to speak loudly and clearly. It may even be advisable to wear lipstick since your students may be able to lip read and understand your cues more clearly. For those who learn from your visual cues, keep your movements precise, and deliberate. Place your chair in front of the group and be aware of your directional cues. Those who learn from your kinesthetic cues will need to hear you tell them where and how to place their body in the chair. You are encouraged to teach facing your group and to mirror image, to assist with communication to all your students.

Watch for signs of over exertion, exhaustion, and dehydration. Remind all participants that if they experience any of these symptoms or are dizzy, in pain or cramping, they should stop for the day.

Remind students to hydrate. Ask them to bring water and inform them of the location of the bathrooms encouraging them to take a break whenever they need one. Supply water if necessary.

Keep your music volume low and maintain a maximum of 90 decibels in all classes. Make sure that your students can hear your voice and instructions clearly.

Scope of Practice

As a S.E.A.T. instructor, it is your responsibility to be prepared while, knowing your choreography, music, and timing. Bringing your enthusiasm and personality will add to the class experience and enjoyment of each class, setting you apart from other instructors. Make sure to always introduce yourself and allow time before and after class for participants to share any questions or concerns they may have about the workout. Always remember to direct students with immediate medical issues to their personal physician or contact EMS when necessary

Safety Reference

- Research state and local guidelines and be prepared to call 911 in an emergency
- Recognize signs of dehydration, dizziness, distress and or confusion
- Maintain the ability to see each student in attendance
- Always check for hazards that may cause a need to discontinue the activity
- Provide professional approval for any student to stop the activity at any time throughout the class

CHAPTER 8
Equipment

Instructors teaching the S.E.A.T. program should be very comfortable with the equipment used in the program. Whenever you have a firm grasp on the choreography, as discussed previously, you are that much more capable of moving in and around the class setting with ease and variety. Just as important, is knowing when and how to use the various pieces of equipment and demonstrating options for those needing alternatives. Practice becoming comfortable with your equipment by watching yourself in the mirror, having another instructor give feedback, or videotaping yourself. You can purchase equipment from SCW www.scwfit.com/store/product-category/scw-warehouse-sale/.

Chair or stool

- Must have a back
- Height so feet can sit flat on the floor
- Sturdy

Tips for teaching Sitting Posture

- Sit toward front of the chair
- Feet should be flat on the floor (instead of wrapped or tucked under the chair)
- Ankles should be directly below the knees
- Feet and hips should be hip width apart
- Sit tall with shoulders back and lats retracted
- Engage the core muscles (navel toward spine)
- Chin parallel to quads or chair seat.

Booty band, weights, tubing

- Recommended resistance equipment to add to track 4, 5
- SCW Booty Bands (light weight)
- Set of light Dumb Bells(rubberized handgrips for comfortability)
- Light weight Tubing
- Purchase SCW tubing here

Yoga Mat

- Recommended as a tool to keep feet from sliding during certain movements
- Purchase SCW yoga mat here

CHAPTER 9
Strategies for Teaching

Coaching S.E.A.T.

Coaching S.E.A.T. will give you the opportunity to reach students from all demographics, and with all levels of exercise experience. There has never been a better time, to expand your options to regular students, virtual students and those unaware of the new services you offer, until now. You can reach out to those who are uncomfortable in traditional land classes with, conditioning levels and skeletal or muscular limitations will not allow them to complete a full body workout in the standing position, or who have a need for increased socialization while in a group setting.

Characteristics and responsibilities of an instructor:

- ✓ Maintains professional appearance and communication
- ✓ Utilizes good verbal skills
- ✓ Keeps an open-minded and tolerant attitude
- ✓ Welcomes and includes all class participants
- ✓ Shows up on time and welcomes new partipants
- ✓ Prepares properly to instruct class
- ✓ Displays knowledge regarding Active Agers
- ✓ Learns leadership skills
- ✓ Adheres to appropriate scope of practice
- ✓ Maintains appropriate certifications and education
- ✓ Follows all facility practices and procedures
- ✓ Act as a team member and ambassador for facility
- ✓ Shows commitment and enthusiasm for class

Consider this:

The **Centers for Disease Control** (cdc.gov) position is that lifestyle decisions impacting our health and well-being play a greater role than medication. We shape our wellness and our happiness through our decisions and lifestyle behaviors. Age has less to do with what you can and cannot do but with our attitude, which helps determine some of the types of age we display. Encourage this population to consider aging optimally, not perfectly, including managing life's ups and downs both physically and emotionally.

We, as fitness leaders, must also accept the responsibility of delivering appropriate information and acting as a role model for healthy lifestyle choices at all times. Our students, friends, and colleagues will ask for advice on a variety of subjects, inside and outside the scope of practice. Knowing the role you play is so important and when followed, will help to build trust and a sense of respect for you and the program.

CHAPTER 10
Professional Growth as a S.E.A.T. Instructor

Employment of Group Fitness Instructors is predicted to grow 32% between 2020 and 2030. It is expected that we will see as many as 69,100 openings per year in each of the ten years. Most agree that this will be the result of needing replacements for retirees.

The OEWS, Occupational Employment and Wage Statistics, studies the states predicted to hire the most, as well as those paying top wages per class or session.

Professionals will be needed in rec centers, health clubs, retirement communities, and small boutique studios. Small business as well as large corporate facilities will offer at home and virtual sessions for employees who remain working from home in 2021 and beyond.

Recognize that there will be a need for virtual coaches as we grow S.E.A.T . The 'Kohler Effect" teaches us that a student who may be perceived as a beginner, less capable or inexperienced can perform a difficult task better once part of a team or being connected to a coach virtually. Many students state that they did not want to be perceived as the weakest in the class or group and that being part of a coached group forced them to push themselves much harder than when left alone to complete the same task.

As a professional in line for one of the positions listed above, it is imperative not to wait for a new trend to make a move. Know that as a S.E.A.T. Instructor, you are creating your own trend. You are the innovative professional leading the way toward the new norm in the coming decade. Continuing education should be received as an opportunity to stay on top of your professional game. Understand that your ageless students will age differently, and that although you are unable to address the chronological age you will be able to address the functional, social, biological and psychological ages your students, as well as the importance of good nutrition, rest and recovery.

Continuing Education Opportunities

Conferences
MANIA® Fitness Pro Conventions: www.scwfit.com/mania/
SCW Active Aging Summit: www.activeagingsummit.com/

Certifications
Active Aging: www.scwfit.com/store/product/active-aging-online-certification/
Active Aging Nutrition: www.scwfit.com/store/product/active-aging-nutrition-online-certification/
Chronic Disease Specialist: www.scwfit.com/store/product/chronic-disease-specialist-onlinecertification/
Corrective Exercise: www.scwfit.com/store/product/corrective-exercise-online-certification/
WaterInMotion®: www.waterinmotion.com/product/waterinmotion-online-certification-platinum/

CHAPTER 11
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EXAM INSTRUCTIONS

Exam Instructions

After you complete the course, you will be ready to take the exam. Please follow these simple instructions:

1. To take your exam click on the following link: https://scwfit.com/seatexam
2. After you click on the link above, you will be asked to create a log-in and password to access your exam, results, and certificate.
3. Keep your log-in and password in a safe place and do not lose it.
4. Begin your exam.
5. There is no time limit for the exam - you can even start and stop your exam with the ability to resume later. The exam will be available for 60 days after the date of your purchase.
6. You must obtain a score of 70% or greater to pass. You have two attempts to pass the exam.
7. Once you pass your exam, you can print your customized certificate by clicking on the certificate link on the bottom right-hand corner of the page.

INSTRUCTOR:	CLUB/LOCATION:	DATE:	ASSESSOR :
Assessment Outcome	**Congratulations! You PASSED your Assessment. See results below.**		
C H A I R Elements	**COMPULSORY KEY ELEMENTS: C H A I R** **SCORING KEY: EXCELLENT GREAT GOOD FAIR POOR**		
C= CONNECT Score=	CONNECT • Create connection in a comfortable caring environment • Connect with the instructor – actions such as smiling and remembering their names • Connect with each other – where students connect as a class and become friends		
Your CONNECT RESULT is:			
H= HEAR Score=	HEAR: • Use verbal cues so your class can hear you • Speak loudly and clearly		
Your HEAR RESULT is:			
A= ANALYZE (SEE) Score=	ANALYZE: • Make sure your students can see you • Keep your students in full view so you can visually analyze their skills • Use visual cues through both physical demonstration and non-verbal gestures so your students can follow you easily		
Your ANALYZE RESULT is:			
I= INSPIRE Score=	INSPIRE: • Inspire and utilize intrinsic/extrinsic motivators • Provide correctional cues as needed • Always deliver praise, something positive to comment on		
Your INSPIRE RESULT is:			
R= REMEMBER Score=	REMEMBER: • Remember and recall the choreography • Use the program choreography, music, and video to assist your recall		
Your REMEMBER RESULT is:			

"PERFORM" TECHNICAL SPECIFICS FOR THE TRACKS: Please note your individual move score located next to each move listed below. In the detailed grid below each move an X in the left column indicates where work is needed.

GENERAL		SET UP		USE OF CHAIR		USE OF EQUIP		TIMING CONSISTENCY		POSTURE

WARM UP		**MEMORY**	
	Set up equipment for safety		Uses neuroplasticity drills
	Manual dexterity and ankle mobility		Encourages memory recall
	Encourage proper seated posture: feet, knees, torso, head		Engages student responses
POSTURE		**STRENGTH**	
	Demonstrates proper posture cues		Push/Pull movements demonstrated well
	Encourages scapula retraction and depression		Hip Extension performed correctly
	Corrects forward head and/or poor spinal alignment		Uses equipment appropriately
CARDIOVASCULAR ENDURANCE		**SIT TO STAND**	
	Demonstrates full ROM with long levers		Establishes basic sit-to-stand pattern
	Instructs appropriate levels		Encourages correct chair contact
	Performs proper techniques		Cues correctly to stabilize before mobilizing
TOTAL BODY & BALANCE		**FLEXIBILITY/MOBILITY**	
	Uses all three planes of motion		Demonstrates ROM
	Correct timing of choreography		Lengthens correct muscles
	Cues balance moves correctly		Concludes class on a positive note

MASTERING THE REMAINING TRACKS:

As you work to master the remaining tracks there are several important tips to keep in mind.

The Masterclass footage is one of your best tools- refer to it to guide you in many ways to demonstrate each movement.
Be a strong visual role-model, offer modifications, and ensure your movements make more sense to your class. Below are key points to remember and consider as you practice your class.

ASSESSSMENT OVERVIEW and NEXT STEPS:

Congratulations on completing your assessment and welcome to the global S.E.A.T. team!

RESOURCES: Additional S.E.A.T. information can be found on the website: www.seatfitness.com
If you have any questions and for general information, please write to us at: seat@scwfit.com
We are also available by phone at 847-562-4020