



GROUP EXERCISE CERTIFICATION

Presented by Jeff Howard



**CEO OF SCW FITNESS
EDUCATION**

SARA KOOPERMANN, JD



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Performance Circuit Training
With Irene Lewis-McCormick, MS, CSCS



Metabolism Makeover
With Sabrina Dwyer, RD, LD



Dynamic Anatomy
With Tara McGill, PhD



Flowing Yoga
for Chakra Balancing
With Manuel Velazquez



Relax & Restore
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Welcome

SCW Fitness Education is a nationally recognized and accredited certification organization that has trained over 10,000 Fitness Professionals. Our 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 course 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.



Manual

- Access to your Manual:
 - Email (check spam/junk folder)
 - Handout
- Retain Link
 - \$35 Replacement Fee



Exam

- Access to Exam
 - Handout / Email (Check spam/junk folders)
- 2 Attempts to Pass
- Stopping & Re-Starting permitted
- No Time Limit on Exam
- Must take exam within 2 weeks of Course
- 80% Required to Pass

You will be asked to create a log-in and password to access your exam, results and certificate. Keep your log-in and password in a safe place. Should you lose it, there is a \$35 replacement fee.



CECs & Certificates

- SCW, AFAA, ACE, ACSM, NASM & AEA CECs are earned by attending this course.



- After you finish your exam and pass with an 80% or higher score, you will be automatically pushed to a landing page and your link to your Certificate of Completion (which includes your CECs) appears in the middle of the page. Click this link and SAVE THE CERTIFICATE.
- Replacement Forms are available for \$35.



Schedule of Events

- Housekeeping
 - Bathroom Breaks, Snacks, Silence Cell Phones, Questions???
- Agenda
 - Introductions
 - Lecture – Common Body Positions with Teach Backs
 - Lecture
 - Music Practical w/Teach Backs
 - Lunch- 45 minutes
 - Lecture
 - Practical (complete teach backs on music)
 - Lecture
 - Review



Jeff Howard

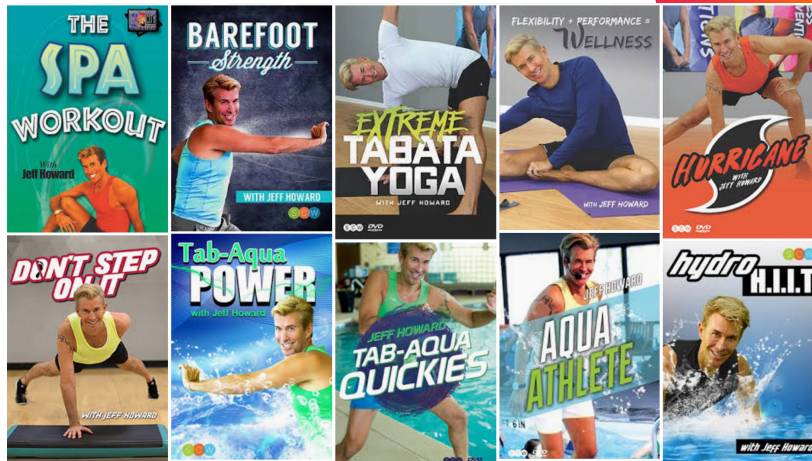
- Manager of Group Exercise Milestone Wellness center
- SCW Fitness Education Faculty
- Graduate university of Texas kinesiology
- Contributing fitness editor The Voice Tribune
- Presenter of the Year SCW Fitness
- Great Day LIVE "MOTIVATIONAL MONDAY "
- Founder of Fitness Cares
- Subject Matter Expert ACE & NASM
- Master Trainer Octane, Power Systems, SCW, TRX, Tabata Bootcamp, Barre Above, JumpSport
- Certifications SCW, ACSM, NSCA, ACE, AFAA & AEA many specialty certifications



Find me:

Findmrjeff@yahoo.com
Facebook: Jeffrey Howard
@jdhfit
859-585-8919





Introductions

- 3 Minutes to Meet & Greet
 - Name
 - Do you currently teach group fitness?
 - What is your current experience with teaching classes?
- You will introduce each other



Course Goals & Objectives

- Create and teach multi-level classes that are safe and effective
- Participants feel successful
- Know the basics of the human body
- Understand how to teach group fitness
 - Not necessarily master it TODAY



Cueing Basic Movement Drill Chapter 1 pg 5

- Cueing Body Postures
 - Standing
 - Hinging
 - Lunging
 - Squatting
 - Forearm Plank
 - Full Plank
 - Side Plank
 - All Fours (Quadruped)
 - V Sit



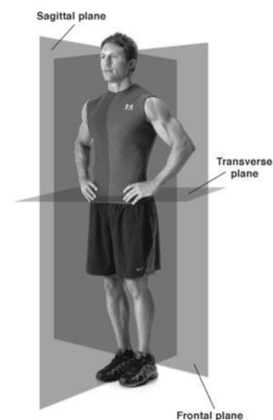
Cueing/Types of Cues

- **Pre-Cue**
 - Used to set up the move
 - Simple, clear, concise
- **Coaching Cues**
 - Enhances where the move should be felt
 - Make sure they are in proper position
- **Motivational Cues**
 - Keep participants going when fatigue sets in
- **Non-verbal Cues**
 - Visual, body language, mirroring



Chapter 1

- **Planes of Motion offer movement selection balance**
 - SAGITTAL PLANE
 - FRONTAL PLANE
 - TRANSVERSE PLANE
- **Core Planar Sequencing**
 - sagittal, frontal, transverse planes



Proper Body Alignment

- Align
 - Ear
 - Shoulder
 - Hip
 - Knee
 - Ankle
 - Chase that Active Plank
- High Tension Core
- Engage
- Breath
- Foot Position
- Position will be specific to the exercise you are cueing



Chapter 2 Class Modes, Types and Elements

- Types of Group Fitness Classes
 - Cardio
 - Strength
 - Flexibility
 - Specialty
 - FUSION Classes
 - A combination of formats assists in overcoming adaptation or plateau



Chapter 3 pg 14

Injury Prevention

- Protect the spine
- Control movement
- R.I.C.E. for injuries
- Drink water
- Vary class intensity
 - Always offer options
- Be mindful of space and equipment
- Encourage a pre-workout snack (30-minutes)
 - Easily digestible CHO and Protein



Chapter 4 pg 17

Class Structure

D.R.I.L.S



Class Structure

- Make moves more or less challenging:
- **D.R.I.L.S**
 - **Direction**
 - Adding traveling
 - **Range of Motion, Repetitions, Rhythm**
 - Make moves smaller, larger, slower, faster
 - **Intensity & Impact**
 - Options on or off ramps for jumping
 - **Lever Length**
 - **Stability**
 - Base of support



Warm Up. Pg 19

- Increases blood flow
- Increases core body temperature
- Lubricates joints
- Offers a Rehearsal effect
- Specific to the workout
- **ACTIVE/ DYNAMIC/RHYTHMIC Warm Up**
- **LENGTH of WARM UP**
 - 5-10 minutes



Chapter 4

Phase two conditioning/training

- 30-35% of your class for Cardiovascular Conditioning
 - 25-40 minutes
- Post-Exercise
 - Brings the heart rate and blood flow down
 - Transition into next part of workout
 - 1-2 minutes



Chapter 4

- **Final Class Phase/Transition Out**
 - Slower, ranges of motion and static stretches to end the workout
 - This helps people to prepare to end their exercise and start/get on with their day
 - 5-10% of total class time
 - 3-5 minutes





Measuring Intensity



Chapter 6 pg 30 Intensity, Frequency & ACSM Guidelines

- **INTENSITY and DURATION**

- Harder and more difficult the exercise, the shorter we can maintain
- The easier and more manageable the exercise, the longer we can maintain it



Chapter 6

Pg 31

- **Steady State Exercise**

- Not much variation in heart rate
- Challenging but do-able

- **Interval Training**

- Lots of variation in heart rate
- Get breathy or breathless
- EPOC/After burn



Chapter 6

Pg. 32

- Measuring and Monitoring Exercise Intensity
- Help participants connect with their feelings about exercise
 - TALK TEST – breathy, breathless
 - HEART RATE Monitors and training zones
- RATING of PERCEIVED EXERTION
 - RPE 1-10 scale
 - Borg 1-20 scale



RPE versus The Borg Scale

rating	description
0	NOTHING AT ALL
0.5	VERY, VERY LIGHT
1	VERY LIGHT
2	FAIRLY LIGHT
3	MODERATE
4	SOMEWHAT HARD
5	HARD
6	
7	VERY HARD
8	
9	
10	VERY VERY HARD (MAXIMAL)

Rating	Perceived Exertion
6	No exertion
7	Extremely light
8	
9	Very light
10	
11	Light
12	
13	Somewhat hard
14	
15	Hard
16	
17	Very hard
18	
19	Extremely hard
20	Maximal exertion

FITT Principle Pg. 33

- American College of Sports Medicine for Cardiorespiratory Exercise
- acsm.org
 - Frequency
 - 3-5 times per week
 - Intensity
 - How Hard 55-85%
 - Time
 - 30 - 60 minutes
 - Can be broken into smaller time frames or intervals
 - Type
 - Jogging, rowing, running, walking, dancing, swimming, cycling





Using Your Music

Chapter 5

Pg. 24



Using Music

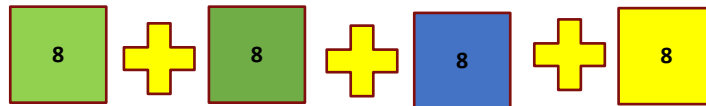
- What is a 32-count phrase?
 - 4 bars of 8 beats
- Listen for an 8-count
- Listen for a 32-count
- How do you learn how to do this?
 - Listen to your music



- **Teaching 32 Count Blocks**

- Blocks are broken down and delivered one at a time and repeated “from the top”

Teach move 1, then move 2, then move 3, then move 4



Movement Selection Drill

- **March**
 - 1,2,3,4,5,6,7,8
- **Step Touch**
 - 2,2,3,4,5,6,7,8
- **Hamstring Curl**
 - 3,2,3,4,5,6,7,8
- **Squat**
 - 4,2,3,4,5,6,7,8



Using Cues

- **Visual Cues**

- Hold hand up to indicate direction, how many remain, non-verbal cues including smiling, nodding, etc.

- **Verbal Cues**

- Count down from 4, 3, 2, 1
- Tell me what's coming next
- Coaching cues/movement qualities



Quick Teaching Tip

- No more than 3 options
- Start at the beginning
- Foundational moves first, then more challenging movement
- Then the hardest option



Connecting Choreography Drill

Chapter 7 Pg. 35

- Teach a 32-count pattern
- Teach another 32-count pattern
- Connect them

- Be sure you bring everyone along with you!
- Do not fail to offer options, create a sense of inclusiveness and have fun!



CHOREOGRAPHY is the harmony and coordination of planned movement

- **FREESTYLE**
 - Instructor chooses movements, equipment, and flow right on the spot. This takes an incredible amount of skill.
- **PLANNED**
 - WHO is doing the planning
- **PRE-CHOREOGRAPHED**
 - A company does the choreography and provides the exact moves, music, script, and education
- **PRE-FORMATTED**
 - This occurs when a company gives Instructors a formula, model, or “format” from which to make choices and decisions for the class flow, genre, music, and moves.
- **INDIVIDUALLY CHOREOGRAPHED**
 - This occurs when an Instructor is fully responsible for his or her movements



Balance Movement Selection

Pg. 38

- Planes of Motion
- Physiological
 - The energy systems
- Psychological
 - Easy to follow
 - To simple or to complex
- Biomechanical
 - Balanced by muscle groups or planes of motion



Cueing chapter 8

Pg. 39

- VERBAL CUEING
 - Includes all sounds, and language from the mouth
- VISUAL CUEING
 - Includes directive body language and facial expressions
- KINESTHETIC CUEING
 - Involves conveying a sense of how movements feel and where to feel it
 - Mirror image



Fitness Professionalism

- Pre-class preparation
 - Be on time
 - Greet your participants
 - Have the room prepared
- Speed and clarity of speech
 - Using you Microphone
- Mirroring Participants
- Accommodating your Participants



Muscular Strength & Endurance Chapter 9

- Know Your Muscles
- ADL'S
- Muscular Strength VS Muscular Endurance
- Pg. 48 **KNOW THESE TERMS**
- Isotonic -Isomeric
- The 4 P's



Social Media

- Treat as Your Own Business
- Social Media
- Post Everything
- Go Out In The Community
- Never Duplicate a Class
- Give Freely of Yourself



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