



Primary Group Exercise Certification

To Sign Up, Call 877-968-7263

AFAA is the world's largest fitness and TeleFitness® educator. Since 1983, AFAA has issued over 250,000 certifications to fitness professionals from more than 73 countries around the world. Each year, health clubs, Universities, military installations and studios host over 3,000 educational workshops worldwide. AFAA provides a comprehensive written and practical examination that helps ensure you possess the skills and knowledge necessary for a rewarding career! AFAA is proud to be granted affiliate status with the National Board of Fitness Examiners (NBFEE) and is a member of the National Organization of Competency Assurance (NOCA). AFAA also applied for an additional accreditation through an organization recognized by the Council for Higher Education Accreditation (CHEA) and the US Department of Education, meeting IHRSA's 2005 recommendation on accreditation for fitness certification organizations.

Workshop Fee: \$224.25 (Normally \$299)

5 CEUs for AFAA certified professionals

COURSE OBJECTIVES:

Upon completion of AFAA's Primary Group Exercise certification course, you will be able to:

- State and appropriately apply the AFAA 5 Questions when evaluating exercise
- Outline and appropriately apply the AFAA fitness training recommendations according to the Basic Exercise Standards and Guidelines in program formats
- Categorize and integrate exercise science subject matter (i.e. physiology, nutrition, kinesiology, and more) at rest and during exercise
- Determine triage protocol within initial screening assessments
- Formulate the appropriate response(s) for safety issues such as injury prevention, preexisting conditions, and emergency response
- Incorporate professionalism in his/her practice by following the Code of Ethics and related legal guidelines

CURRICULUM COMPONENTS:

- Professional responsibility and instructional skills
- Basic anatomy and injury prevention
- Kinesiology and biomechanics
- Exercise physiology
- Nutrition and body composition
- AFAA's *Basic Exercise Standards and Guidelines*
- Exercise - selection, technique, alignment, and performance with or without equipment

RECOMMENDATIONS & REQUIREMENTS:

For the aspiring and experienced fitness professional working with exercise clients and seeking a Group Exercise certification

- Self-study before program and group exercise teaching experience
- The Practical Skills & Choreography workshop is a useful precursor
- Adult-level CPR

FEE & MATERIALS

Primary Group Exercise Certification fee is \$224.25 (Normally \$299).

This fee includes:

- One-day Certification Workshop
- Primary Group Exercise Study Guide
- Written and Practical Examinations
- AFAA Certified Group Exercise certificate and I.D. card (upon successful completion of both examinations and proof of current CPR certification)
- 5 CEUs for AFAA certified professionals
- One year AFAA membership (\$68 value) or membership extension to current members and a subscription to *American Fitness* magazine in digital or print version (does not include postage to addresses outside of the U.S. for print version)
- Fee does not include the recommended *Fitness: Theory and Practice* textbook (\$44 plus shipping)

If you have a disability and require special accommodations at an AFAA workshop, please call 800-446-2322 x213 in advance

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Prepare for Written Exam

- *Fitness: Theory & Practice* textbook
- Practice Test for Primary Certification
- Primary Group Exercise Online Tutorial

Prepare for Practical Exam

- Music Essentials for Group Exercise

Related Workshops

- Practical Skills and Choreography Workshop
- Resistance Training

Related Materials

- A Taste of...Zumba® Home Study
- A Taste of...Turbo Kick®
- Osteoball® Training for Bone Health Self-Study

For more information, please go to www.afaa.com