



## Practical Skills and Choreography

**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.

*Practical Skills & Choreography is an intensive one-day workshop, which focuses on practical techniques for teaching group exercise classes, and is a jump start to utilizing safe, effective and creative teaching methods. This course covers class format, successful cueing, smooth transitions, creative choreography and effective music utilization. They are often scheduled the day before the corresponding certification to give you the convenience of practical training and certification in one weekend.*

**Workshop Fee: \$96.75 (Normally \$129)**

**5 CEUs for AFAA certified professionals**

### **COURSE OBJECTIVES:**

Upon completion, the students of AFAA's Practical Skills & Choreography workshop will be able to:

1. Identify and appropriately apply the AFAA fitness training recommendations utilizing industry standards.
2. Define the AFAA Basic Exercise Standards and Guidelines
3. Comprehend and implement basic exercise movements and transitions while addressing multi-level fitness needs within a group setting.
4. Summarize and distinguish basic energy production during exercise in a group exercise setting.
5. Modify and implement a fitness program to fit the needs of multi-level participants in a group exercise setting.
6. Determine and deliver the appropriate method of communication and professional skills to motivate and coach a group exercise class.
7. Relate course material to that of his/her organizational role and responsibilities within a health and fitness institution, community, and the industry as a whole.

### **CURRICULUM COMPONENTS:**

- Class Formatting
- Cueing and Transitions
- Exercise Modifications
- Creative Choreography
- Music Selection and Utilization
- Role and Responsibilities of the Fitness Instructor
- Skills needed to teach effectively and with confidence

### **RECOMMENDATIONS & REQUIREMENTS:**

This course is designed for anyone who has limited or no teaching experience, as well as instructors preparing for AFAA Primary Group Exercise Certification.

- No prerequisites
- This course is recommended for the novice as a starting point
- This course should be taken prior to the Primary Group Exercise Certification

### **FEE & MATERIALS:**

The workshop fee is \$96.75 (Normally \$129). This fee includes:

- One-day workshop
- Workshop outline (distributed at workshop)
- Practical Skills & Choreography study guide (shipping additional)
- 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)

*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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### **Related Materials**

- Music Essentials for Group Exercise
- Primary Group Exercise Online Learning Tutorial
- Fitness: Theory & Practice textbook
- Exercise Science Fundamentals Self-Study
- A Taste of... Zumba® Self-Study

**For more information, please go to  
[www.afaa.com](http://www.afaa.com)**