

Responsibilities of the Group Exercise Instructor

How many of these can you say yes to? Which ones do you need to improve?

(Yes/No) Cue proper body alignment.

(Yes/No) Provide intensity options.

(Yes/No) Teach students how to monitor their heart rate and/or rate of perceived exertion during a workout.

(Yes/No) Provide feedback to the class as a whole while simultaneously providing feedback to individuals.

(Yes/No) Design and implement safe and effective programming: o Demonstrate and coach correct form during a class.
o Teach a proper warm-up. o Teach exercises within safety parameters for the population of the class being taught.

(Yes/No) Educate students on how to select movement that is appropriate for him/her as an individual (modifications).

(Yes/No) Be approachable to students.

(Yes/No) Educate participants on areas of fitness: o Cardiorespiratory fitness. o Muscular strength. o Muscular endurance. o Body composition. o Flexibility.

(Yes/No) Educate participants on healthy living: o Lifestyle choices. o Proper nutrition. o Rest and recuperation.

(Yes/No) Attending and/or taking on-line courses for continuing education to stay abreast of new developments in exercise science, sound nutrition and new class formats/trends. o Complete and maintain certification programs that include both theoretical knowledge and practical skills.

(Yes/No) Complete CPR/First Aid and maintain fitness industry certification. o In the event of an incident, know how to handle an emergency situation such as an injury during class. o Complete an accident report immediately if an incident occurs.

(Yes/No) Obtain professional liability insurance.

(Yes/No) Obtain the following if teaching as a contractor. If working at a fitness facility, the fitness facility may obtain the following: o Waivers and Informed Consent Forms o Medical Releases from Physician o Health Screening/Health History/PAR-Q Forms o Conduct Fitness Assessments

How to grade yourself. If you got ____ points you might consider these tips.

13: ROCKSTAR STATUS!

11-12: You're awesome! Keep it up 😊

9-10: Keep up the good work, and create a few goals for yourself to polish your game.

8-7: You're strong and gaining ground in the group ex room. Talk with your colleagues or engage with FiTOUR on social for tips!

1-5: Consider this a task list. Strive to knock these out this year, learning a little bit of new information every week. Reach out to industry organizations or peers for guidance. And don't worry – you got this! We are here to help! Engage with FiTOUR on social and let us know what resources would help you get to ROCKSTAR STATUS!