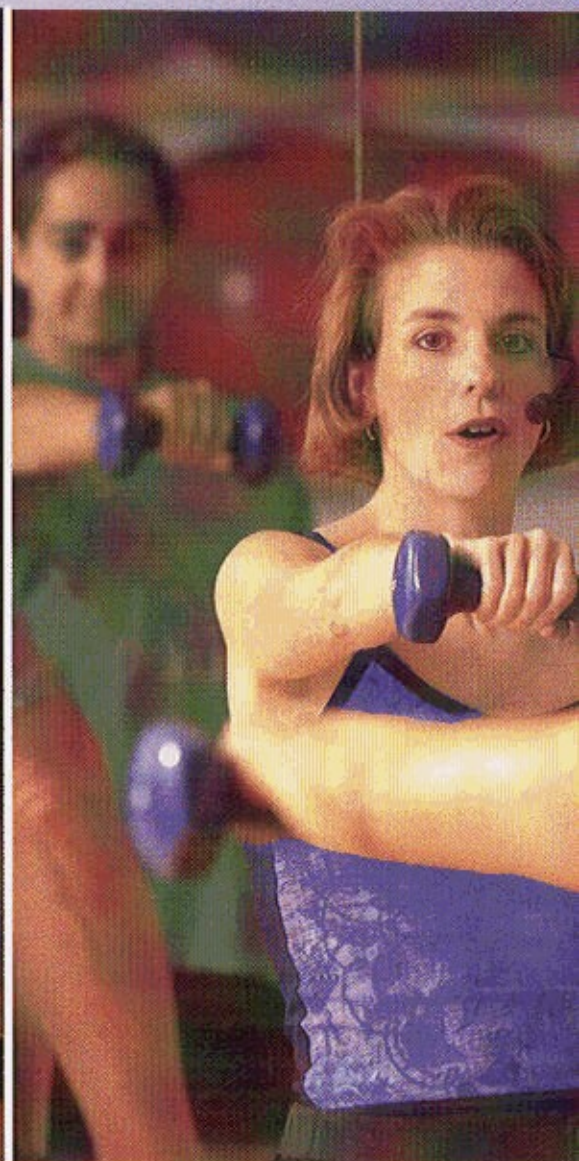
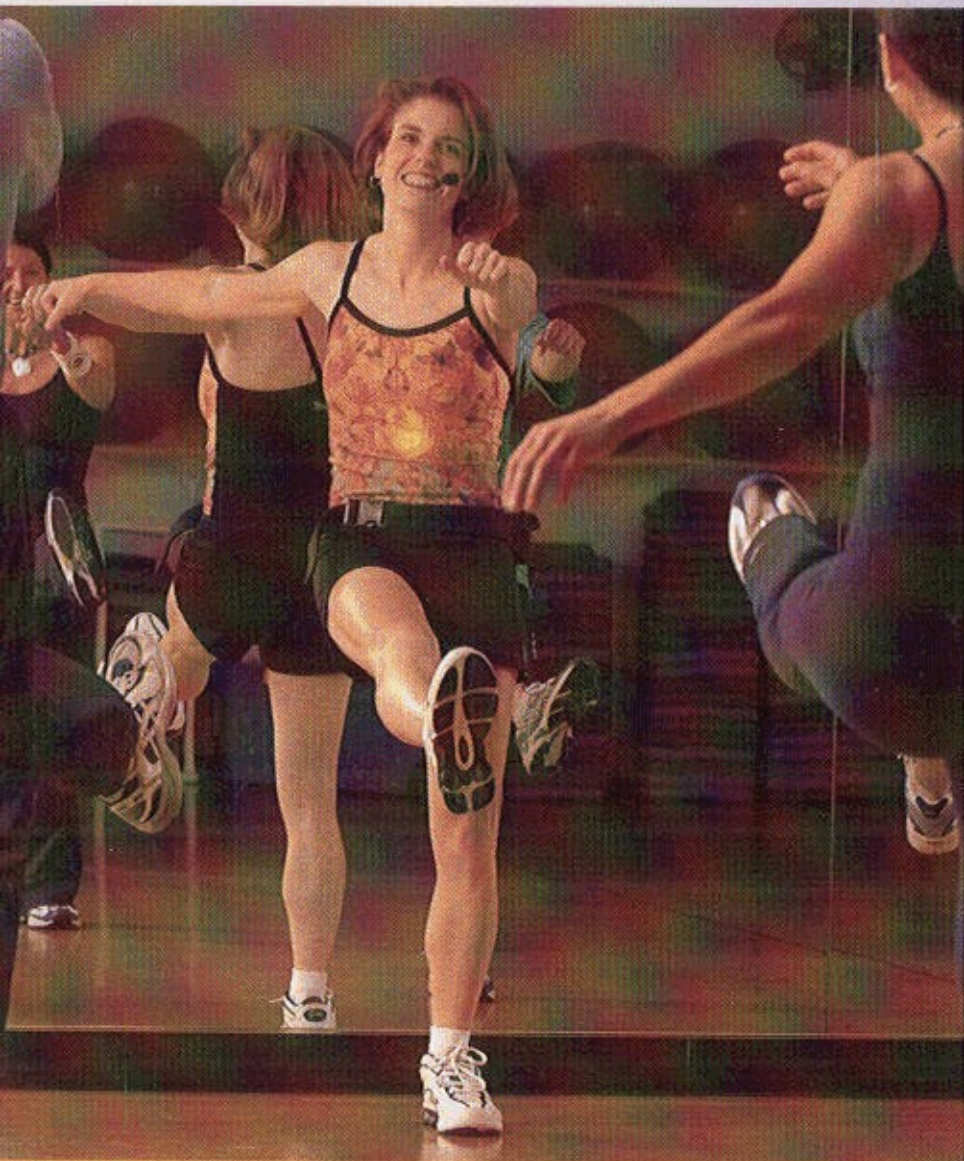


METHODS OF GROUP EXERCISE INSTRUCTION

***Basic moves
demonstrated on DVD***



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CONTENTS

Preface

vii

Acknowledgments

ix

PART I: Principles of Group Exercise Instruction

- 1 Introduction to Group Exercise 3**
Health-Related Components of Fitness 5 ■ Student-Centered Versus Teacher-Centered Instruction 7 ■ Professional Certifications for Group Exercise Instructors 8 ■ Group Cohesion Research 9
- 2 Evolution of Fitness 13**
Cultural Influences on Body Image and Exercise 15 ■ Group Exercise Instructors As Role Models 15 ■ Creating a Healthy Exercise Environment 16
- 3 Instructing a Group Exercise Class 19**
Health-Related Components of Fitness 20 ■ Preclass Organization 21 ■ Four Class Segments in Group Exercise 24 ■ Progressive Functional Training Continuum 27 ■ Communication Skills 29 ■ Music for Group Exercise 31


PART II: Guidelines for Group Exercise Class Segments

- 4 Warm-Up 41**
Dynamic Movement 42 ■ Rehearsal Moves 43 ■ Major Muscle Groups Stretched 44
- 5 Cardiorespiratory Training 47**
Beginning Intensity 48 ■ Muscle Balance 48 ■ Movement Options and Verbal Cues 49 ■ Monitoring Exercise Intensity 50 ■ Participant Interaction and Enjoyment 53 ■ Post-Cardio Cool-Down 54
- 6 Muscular Conditioning 55**
Posture and Alignment 56 ■ Intensity 58 ■ Safety Issues 59 ■ Muscle-Conditioning Exercises 61 ■ Muscle Conditioning Equipment 90 ■ Cueing Methods 98

7	Flexibility Training	101
	Safety Issues 102 ■ Flexibility Training Exercises 105 ■ Cueing Methods 116 ■ Relaxation and Visualization 117	

PART III: Practical Teaching Skills

8	High/Low Impact	121
	Technique and Safety 122 ■ Basic Moves 123 ■ Elements of Variation 124 ■ Smooth Transitions 127 ■ Building Basic Combinations 129 ■ Additional Choreography Techniques 131 ■ Training Systems 132 ■ Cueing Methods 133	
9	Step Training	141
	Warm-Up 142 ■ Technique and Safety 144 ■ Basic Moves 146 ■ Basic Combinations and Choreography Techniques 149 ■ Training Systems 151	
10	Kickboxing	153
	Warm-Up 155 ■ Technique and Safety 156 ■ Basic Moves 157 ■ Basic Combinations and Choreography Techniques 162 ■ Other Kickboxing Formats 162	
11	Stationary Indoor Cycling	165
	Warm-Up 166 ■ Technique and Safety 168 ■ Basic Moves 170 ■ Formatting Indoor Cycling Classes 171 ■ Intensity 172 ■ Cueing Methods 173	
12	Water Exercise	177
	Properties of Water 180 ■ Newton's Laws of Motion 181 ■ Land and Water Differences 182 ■ Warm-Up 182 ■ Technique and Safety 186 ■ Basic Moves 186 ■ Training Systems 191 ■ Equipment 192	
13	Other Group Exercise Modalities	195
	Equipment-Based Cardio Training 196 ■ Slide Training 198 ■ Rebounding 198 ■ NIA 199 ■ Latin, Funk, Hip-Hop, and Country 200 ■ Barre and Dance-Based Classes 200 ■ Yoga 201 ■ Pilates 202 ■ T'ai Chi 202 ■ Sport Conditioning 203 ■ Outdoor Walking and In-Line Skating 204 ■ Ramping 204 ■ Combination Classes and Other Options 205	
Appendix A	Group Exercise Class Evaluation Form	207
Appendix B	Short Health History Form	211
Appendix C	Long Health History Form	213
Appendix D	Informed Consent Form	217
Appendix E	Physical Activity Readiness Questionnaire (PAR-Q)	219
Appendix F	Muscles and Joint Actions	223

Appendix G	Sample Step Routine	231
Appendix H	Sample Water Workout Plan	235
	Bibliography	237
	Index	246
	About the Authors	252
	DVD Instructions and DVD 	254