

Group Exercise Module

Pre-requisite: Exercise Theory

Participating in fitness classes is as popular as ever and today's consumer expects quality leadership. Based on NFLA performance standards and guidelines, this module is 20 hours, plus the practical evaluation. It provides participants with the knowledge and practical skills required to lead safe, effective and motivating group exercise classes.

Course Content includes:

- Group Exercise Scope of Practice
- Certification Requirements
- Types of Group Exercise Classes
- Program Planning
- Warm-Ups
- Cool Downs
- Cardiovascular Conditioning
- Muscular Conditioning
- Stretching
- Hi/Lo Class Participation and Discussion
- Use of Equipment
- Monitoring Individual Progress
- Teaching Drills
- Formations
- Cueing - Verbal and Visual
- Use of Music
- Music Selection
- Resource Awareness
- Proper Stepping Technique
- Step Class Design
- Tips for Building Step Choreography
- Safety Considerations

Group Exercise Scope of Practice

The SPRA Group Exercise Leader is certified to:

- Design, modify and lead a safe and effective land group exercise class (as detailed below) by providing appropriate exercises in order to meet the needs of participants
- Lead exercise sessions that are based on SPRA and NFLA performance standards and guidelines
- Incorporate the use of appropriate equipment and specialized training based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q
- Lead participants that are apparently healthy
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Group Fitness Leader is recognized by the SPRA Fitness Division to lead group land based exercise classes in the following areas:

- Hi/lo impact aerobics
- Step aerobics
- Muscular conditioning classes
- Fitness Yoga
 - *SPRA Fitness Yoga Specialty Designation required*
- Group cycling classes
 - *Proof of Completion of a SPRA approved cycling instructor course is required*
- Combination classes using any of the above formats

Once certified, a SPRA Group Exercise Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Shallow or deep water aqua fitness classes
- Older Adult classes
- Specialty classes such as arthritics, cardiac rehab, etc.
- Cardio kickboxing
- Bikram Yoga and Inversion Asana
- Pilates

Aqua Exercise Module

Pre-requisite: Exercise Theory

Many people are turning to the pool environment to enjoy the unique benefits of the water. Based on NFLA performance standards and guidelines, this module is 20 hours, plus the practical evaluation. It will provide participants with the knowledge and practical skills required to lead safe, effective and motivating classes in the pool in a variety of formats. *Note: A minimum of 4 hours of course time will be spent in the pool.*

Course Content includes:

- Aquatic Exercise Scope of Practice
- Types of Aqua Classes
- Shallow Water Techniques
- Deep Water Techniques
- Aquatic Circuits
- Physiology as Affected by Water
- Buoyancy
- Resistance
- Water Pressure
- Program Planning
- Warm-Ups and Cool Downs
- Cardiovascular Conditioning
- Cueing - Verbal and Visual
- Music Selection
- Use of Music
- Resource Awareness
- Routines and Transitions
- Formations and Use of Space
- Exercise Safety
- Communication
- Monitoring Individual Progress
- Muscular Strength and Endurance
- Use of Equipment
- Certification Requirements

Aquatic Exercise Scope of Practice

The SPRA Aqua Exercise Leader is certified to:

- Design, modify and lead a safe and effective group aquatic exercise class (as detailed below) by providing appropriate exercises in order to meet the needs of participants
- Lead exercise sessions that are based on SPRA and NFLA performance standards and guidelines
- Incorporate the use of specialized training and appropriate equipment based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living, and the PAR-Q
- Lead participants that are apparently healthy
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Aquatic Exercise Leader is recognized by the SPRA Fitness Division to lead group aquatic exercise classes in the following areas:

- Shallow water aqua fitness
- Deep water aqua fitness
- Muscular conditioning for the water
- Any combination of the above classes

Once certified, a SPRA Aquatic Exercise Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Hi/lo impact aerobics, step aerobics or muscular condition classes on land
- Group cycling classes
- Cardio kickboxing
- Pilates
- Yoga
- Older adult fitness classes
- Specialty classes such as arthritics & cardiac rehab

Exercise for Older Adults

Pre-requisite: Exercise Theory

Regular physical activity makes sense for everyone, particularly older adults wishing to maintain independent and active lifestyles. Physical, emotional, social and spiritual benefits result. Based on NFLA performance standards and guidelines, this module is 20 hours, plus the practical evaluation. This module sensitizes leaders to the special considerations involved in leading older adult fitness classes.

Course Content includes:

- Exercise for Older Adults Scope of Practice
- Certification Requirements
- Physiology of Aging and Exercise
- Understanding and Motivating Older Adults
- Common Health Challenges
- General Health Screening
- Cueing - Verbal and Visual
- Use of Equipment
- Use of Music
- Music Selection
- Resource Awareness
- Safety Guidelines
- Fall Prevention
- Balance and Coordination
- Flexibility and Stretching
- Warm-Ups and Cool Downs
- Strength and Endurance
- Program Planning
- Communication
- Canada's Physical Activity Guide for Older Adults
- Exercise Techniques

Exercise for Older Adults Scope of Practice

The SPRA Older Adult Exercise Leader is certified to:

- Design, modify and lead group older adult exercise class (as detailed below) by providing appropriate exercises in order to meet the needs of participants
- Lead exercise sessions that are based on SPRA and NFLA performance standards and guidelines
- Incorporate the use of specialized training and appropriate equipment based on identified or implied needs of the participants
- Use Canada's Food Guide to Healthy Eating, Canada's Physical Activity Guide to Healthy Active Living for Older Adults, and the PAR-Q
- Lead participants that are apparently healthy (Special concerns such as arthritis, osteoporosis, hip replacements, etc. are not to be diagnosed by the leader, if such conditions arise, refer the participant to the appropriate health care provider.)
- Attend to CPR and First Aid situations as they occur

Once certified, a SPRA Older Adult Exercise Leader is recognized by the SPRA Fitness Division to lead group classes with healthy independent seniors that have been given permission by their physicians to start an exercise program in the following areas:

- Low impact aerobics
- Step aerobics
- Muscular conditioning classes
- Fitness Yoga
 - *SPRA Fitness Yoga Specialty Designation required*
- Any combination of the above classes

If leaders encounter participants with special needs they should consult the appropriate health care provider for further exercise program guidelines.

Once certified, a SPRA Older Adult Exercise Leader is **not** recognized by the SPRA Fitness Division to teach the following classes (additional training must be obtained):

- Group cycling classes
- Cardio kickboxing
- Pilates
- Bikram Yoga and Inversion Asana
- Shallow or deep water aqua fitness classes
- Specialty classes such as arthritics, cardiac rehab, etc.