

Physical Education Teachers' Workshop- Group Fitness

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Group Fitness

- ✦ Aerobic Exercise (Hi, Lo impact)
- ✦ Step
- ✦ Body Toning, New Body
- ✦ Circuit Training
- ✦ Other types:
 - Kicking Boxing
 - Hip-Hop
 - Fitball
 - Spinning (Stationary bike)
 - Yoga
 - Pilates

Components of Aerobic Class

- ✦ Warm-up
- ✦ Aerobics
- ✦ Muscle conditioning
- ✦ Cool-down
- ✦ Final stretching

Warm-Up

- ✦ 5 ~ 10 minutes
- ✦ Aerobic warm-up
 - Full body rhythmical movement
- ✦ Stretching
 - Flexibility exercise

Aerobics

- ✦ 20 ~ 30 minutes
- ✦ Moderate intensity (50 ~ 65 % of target HR)
 - Large, rhythmical movements
- ✦ Peak aerobics
 - Full traveling
 - Full arm movement
 - Emphasis on full range of motion
- ✦ Aerobic cool-down
 - Less traveling
 - Less range in leg & arm movement
 - Less impact
 - Slower tempo

Muscle Conditioning

- ✦ 15 ~ 20 minutes
- ✦ Trunk exercise, e.g. abs crunches
- ✦ Upper extremity exercise, e.g. push up
- ✦ Lower extremity exercise, e.g. front leg lift

Cool-down & Final Stretch

- ✦ Cool-down: 5 ~ 10 minutes
- ✦ Large, rhythmical movement
- ✦ Final stretch: 5 ~ 10 minutes
- ✦ Flexibility exercise

Aerobics Content

- ✦ Variety
- ✦ Direction
- ✦ Rhythm
- ✦ Arm movement, e.g. single, double, style etc.
- ✦ Change of plate

Music

- ✦ Music speed
- ✦ Range of motion
- ✦ Change of center of gravity
- ✦ Lever
- ✦ Distance of movement

Music Phrasing

- ✦ A beat can be best describe as a musical word (1 beat = 1 count)
- ✦ A phrase is like a musical sentence (1 phrase= 8 counts)
- ✦ A block is like a musical paragraph (1 block= 32 counts)

Music Speeds

Class/ Component	Recommended Range (BPM)
Warm-up	120 ~ 140
Muscle Toning	110 ~ 130
Low Impact	135 ~ 148
High Impact	130 ~ 160
Hi-Low	145 ~ 155
Step aerobic	120 ~ 148
Circuit	145 ~ 165

Cueing- Verbal Cues

- ✦ Name of the moves
- ✦ Where to go
- ✦ How many to go
- ✦ How to do
- ✦ Quality cues & power words

Cueing- Non-verbal Cues

- ✦ Sign or symbols
- ✦ Facial expression
- ✦ Music

Step Aerobics

- ✦ Involves stepping up and down from a platform
- ✦ Improve aerobic conditioning
- ✦ Muscular strength
- ✦ Endurance
- ✦ Flexibility
- ✦ Body composition

Stepping Technique

- ✦ Step center of platform
- ✦ Contact the platform w entire sole of the foot
- ✦ Keep eye on platform
- ✦ Carefully select the height of a step
- ✦ Step gently