
Overview

This standard is about instructing group exercise to music for apparently healthy adults. This may include young people in the 14-16 age range, provided they are part of a larger adult group. The standard also covers working with individual older adults, ante and postnatal participants and disabled participants, provided the relevant contraindications and guidelines are observed. This standard, however, does not cover running specialist whole classes for young people, older adults, ante and postnatal and disabled participants. Specialist NOS are available for these types of classes.

The document is divided into two parts. The first part describes the four things you have to do. These are:

1. prepare participants for group exercise to music
2. instruct group exercise to participants
3. help participants improve their performance
4. bring a group exercise to music session to an end

The second part covers the knowledge and understanding you must have.

This standard is for instructors who plan, instruct and review group exercise sessions to the structure of music. It also covers music-based circuit training.

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Instruct group exercise to music

Performance criteria

You must be able to:

Prepare participants for group exercise to music

- P1 arrive in time to set up the session, meet the participants punctually and make them feel welcome and at ease
- P2 check participants' level of experience and ability for the session, identifying any new participants
- P3 explain the demands of the session including physical and technical
- P4 ask participants if they have any illnesses or injuries and advise individuals of any reasons why they should not participate in the exercises
- P5 provide participants with clear information about the activities you have planned for the session and explain the exercises
- P6 choose and apply methods of motivating participants that are appropriate to them and accepted good practice
- P7 advise participants of the facility's emergency procedures and health and safety requirements for the session
- P8 confirm or revise your plans for the session if necessary

You must be able to:

Instruct group exercise to the participants

- P9 prepare participants physically for the exercises using safe and effective warm ups
- P10 give explanations and demonstrations that are technically correct with safe and effective alignment of exercise positions as appropriate to participants' needs and level of experience
- P11 give participants the opportunity to ask questions
- P12 provide effective cueing to enable participants to work to the structure of music
- P13 use volume and pitch of the voice effectively relative to the music
- P14 ensure that participants take part in the exercises in a safe manner
- P15 keep to the planned timings for the exercises
- P16 apply the appropriate code of practice during the session

You must be able to:

Help participants improve their performance

- P17 provide appropriate attention and motivation to all participants
- P18 observe participants' performance throughout the session from an appropriate instructing position
- P19 check regularly for the participants ability to perform the exercises and provide appropriate progressions and regressions accordingly
- P20 use appropriate teaching methods to correct and reinforce technique
- P21 provide instructing points and feedback which is timely, clear and helps participants achieve their objectives
- P22 build up exercises gradually and explain the purpose of exercises

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P23 Adapt the activities to respond to the changing needs of the participants, equipment and environment during the session

You must be able to:

Bring a group exercise to music session to an end

P24 allow sufficient time to end the session according to the participants' level of experience

P25 end the session using cool down activities that are safe and effective for the participants

P26 give the participants an accurate summary of your feedback on the session give the participants the opportunity to:

P26.1 think about the session

P26.2 ask questions

P26.3 provide feedback

P26.4 identify their further needs

P27 make sure the participants have information about future sessions

P28 follow the correct procedures for checking and dealing with any equipment used

P29 leave the environment in a condition acceptable for future use

P30 pass on suggestions for improving health and safety to a competent person or agency

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Knowledge and understanding

You need to know and understand:

- K1 the application of the principles and variables of fitness to the components of fitness
- K2 the effect of speed on posture, alignment and intensity
- K3 the effect of levers, gravity and resistance on exercise
- K4 the aims of the programme that you are delivering
- K5 the needs and potential of the participants
- K6 the types of special needs that participants may have and how to adapt your plans, yourself and the equipment and facilities to meet these needs and reasons for temporary deferral of exercise;
- K7 a range of basic exercises that are safe and appropriate for participants; safe and effective alignment of exercise positions
- K8 the life-course of the musculoskeletal system (including bone) and its implications for working with young people, ante and postnatal women, disabled people and older people(i.e. tendon, ligament and BMD changes and their effect on posture and postural stability for all the above)
- K9 contraindications and key safety guidelines for working with older clients
- K10 contraindications and key safety guidelines for working with ante and postnatal clients
- K11 how to give guidance to encourage special population clients to follow the key safety guidelines and to discourage them from anything deemed to be potentially hazardous/contraindicated to enable them to take part in sessions
- K12 a range of alternative exercises for adaptation or progression
- K13 the purpose and value of warm up and cool down
- K14 why participants need to understand the purpose and value of warm up and cool down
- K15 safe and effective warm up and cool down activities for group exercise to music
- K16 the purpose of exercises, how to break exercise/movements down to their component parts
- K17 how to develop participant co-ordination by building exercises/movements up gradually, including layering techniques and holding patterns
- K18 the importance/ methods of voice projection; effective use of volume and pitch of voice with and without a microphone
- K19 the structure of music suitability of speed and type of music for the participants and section of the class
- K20 how to work to the structure and phrase of the music
- K21 effective cueing
- K22 legalities of the use of music

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- K23 effective methods of building combinations of movements
- K24 the information that you must give to other people who are involved in the session
- K25 how to identify any new risks during a session and take action to control these in line with national guidelines
- K26 reporting procedures for health and safety

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Additional Information

Scope/range related to performance criteria

1. **Exercises**, covering
 - 1.1. cardiovascular fitness
 - 1.2. muscular fitness
 - 1.3. flexibility
 - 1.4. motor skills
 - 1.5. circuit formats

2. **Teaching methods**, covering
 - 2.1. changing teaching positions
 - 2.2. asking questions
 - 2.3. making adaptations and progressions
 - 2.4. verbal and visual communications
 - 2.5. mirroring

3. **Sessions**, covering
 - 3.1. cardiovascular fitness
 - 3.2. muscular fitness
 - 3.3. flexibility
 - 3.4. motor skills
 - 3.5. circuit formats

Scope/range related to knowledge and understanding

- Special population clients** including:
1. 14-16 year old young people
 2. disabled people
 3. older people (50+)
 4. ante and postnatal women

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Suite Instructing Exercise and Fitness

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