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.
SKAD454 (SQA Unit Code - FT7N 04)
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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You must be able to:

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

**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
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
### SKAD454 (SQA Unit Code - FT7N 04)
**Instruct group exercise to music**

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