

# SKAD453 (SQA Unit Code - FT7M 04)

## Plan and prepare group exercise to music



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### Overview

This standard covers the planning and preparation of a basic group exercise to music programme 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 unit, 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.

Instructors must also take account of guidelines from relevant national bodies and their own prior experience when planning and preparing sessions.

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

1. collect and analyse relevant information
2. plan safe and effective group exercise to music
3. prepare self and equipment for group exercise to music

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

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

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### Performance criteria

*You must be able to:*

#### **Collect and analyse relevant information**

- P1 collect the information you need to plan group exercise sessions
- P2 make sure the information is accurate and up-to-date
- P3 analyse the information and identify the implications for group exercise to music
- P4 refer any participants whose needs and potential you cannot meet to another professional
- P5 maintain confidentiality

*You must be able to:*

#### **Plan safe and effective group exercise to music**

- P6 identify objectives that are appropriate to:
  - P6.1 the needs and potential of your participants
  - P6.2 accepted good practice in the industry
  - P6.3 your own level of competence
  - P6.4 the aims of the session
- P7 plan sessions that will help all the participants take part and achieve planned
- P8 identify hazards and assess the risk of these hazards actually causing harm
- P9 plan how you will minimise these risks
- P10 plan realistic timings and original choreography for sessions
- P11 record your plans in the appropriate
- P12 get advice from another professional if there is anything you are not competent to deal with

*You must be able to:*

#### **Prepare self and equipment for group exercise to music**

- P13 identify and select the correct equipment for the sessions
- P14 check the equipment is in safe working
- P15 lift and handle the equipment in a way that prevents injury and damage
- P16 ensure/organise sufficient space for safe exercise performance
- P17 provide sufficient equipment for the participants
- P18 ensure that you are fully prepared to supervise the sessions
- P19 follow correct health and safety procedures for any unsafe equipment

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### Knowledge and understanding

*You need to know and understand:*

#### **For the whole standard**

- 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 importance of careful and thorough planning and preparation for sessions
- K5 the needs and potential of the participants including reasons for and barriers to participation in the appropriate session
- K6 exercises that are safe and appropriate for participants, including alternatives to potentially harmful exercises; safe and effective alignment of exercise positions
- K7 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)
- K8 contraindications and key safety guidelines for working with older clients
- K9 contraindications and key safety guidelines for working with ante and postnatal clients
- K10 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
- K11 how to work to the structure and phrase of the music
- K12 suitability of speed and type of music for the participants and section of the class
- K13 legalities covering the use of music
- K14 effective cueing

#### **Collect and analyse relevant information**

*You need to know and understand:*

- K15 the range of different methods that may be used to collect information: questionnaire, interview, observation, physical measurements
- K16 how to use the range of different methods that may be used to collect information
- K17 the factors which effect the ability to exercise; screening process, including modifiable and unmodifiable risk factors of coronary heart disease
- K18 reasons for temporary deferral of exercise; referral; informed consent
- K19 the emergency procedures of the facility/organisation
- K20 the Physical Activity Readiness Questionnaire (PAR-Q) and how to record information on it

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*You need to know and understand:*

### **Plan safe and effective group exercise to music**

- K21 how to identify and agree objectives for sessions based on collected information
- K22 how to apply the principles and variables of fitness to a range of activities which will achieve various health benefits and the required fitness development
- K23 how to use a range of equipment to achieve required fitness development
- K24 the health and environmental factors which can influence safety; factors which effect group/individual working space
- K25 how to record plans in the required format

*You need to know and understand:*

### **Prepare self and equipment for group exercise to music**

- K26 the manufacturers' guidelines and organisations guidelines for replacement of equipment
- K27 a range of equipment used in group exercise sessions, for example musical equipment, dumbbells, barbells, bands and tubing, body bars
- K28 the safe storage of equipment
- K29 what to look for when checking equipment
- K30 safe manual handling techniques

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### Additional Information

#### Scope/range related to performance criteria

1. **Sessions**, covering
  - 1.1. cardiovascular fitness
  - 1.2. muscular fitness
  - 1.3. flexibility
  - 1.4. motor skills
  - 1.5. circuit formats
  
2. **Objectives**, covering
  - 2.1. improve fitness
  - 2.2. improve motivation
  - 2.3. address barriers to participation
  - 2.4. improve skills and techniques
  - 2.5. provide opportunities for fun and enjoyment
  
3. **Hazards**, relating to
  - 3.1 the participants
  - 3.2 the activities you are planning
  - 3.3 other activities happening at the same time

#### 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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### Plan and prepare group exercise to music

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**Originating organisation** SkillsActive

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**Relevant occupations** Associate Professionals and Technical Occupations; Leisure, travel and tourism; Sport, leisure and recreation; Sports and Fitness Occupations

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**Suite** Instructing Exercise and Fitness

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