

# Instructional Group Fitness

HKIN 202



## Employment Opportunity:

- CanFitPro FIS Certification \*Optional
  - external written and practical exam required
- Students who successfully complete the course will have the opportunity to teach Group Fitness Classes at STFX.

## Topics include:

- Aspects of fitness, wellness and basic training principles
- Fitness theory: skeletal, muscular, neurological, cardiovascular and pulmonary systems
- Kinesiology/anatomy in action and bioenergetics
- Components of a fitness class from the warm-up to the cool-down
- Musicality: phrasing, cueing and appropriate music selection
- Leadership and motivation skills
- Special populations and injuries

