



**IslandFitnessCouncil**  
DEVELOPING ACTIVE LIVING LEADERS

## **Group Fitness Leadership Course Content**

### ***Course Expectations and Types of Fitness Classes***

***(1 hour)***

- Goals of the Course
- Various Types of Group Fitness Classes

### ***Class Components***

***(5.5 hours)***

- Pre-class Preparation
- Warm up
- Cardiovascular Conditioning
- Muscular Conditioning
- Final Cool Down
- Practical Sessions on Floor
- Stretching Discussion

### ***High/Low Class Participation and Discussion***

***(1.5 hours)***

- Participation in an actual class
- Discussion of Class

### ***Cueing***

***(2 hours)***

- Verbal Cueing
- Visual Cueing
- Practical Sessions

### ***Choreography***

***(4 hours)***

- Types of Choreography
- Block Building Do's & Don't's
- Formations
- Practical Sessions

### ***Use of Music***

***(2 hours)***

- Musical Definitions
- How to Identify the 32 Count
- Music Selection
- Music Resources

### ***Muscular Conditioning Class Participation and Discussion***

***(1.5 hours)***

- Participation in an actual class
- Discussion of Class

### ***Teaching Drills***

***(2 hours)***

- Practical Sessions for  
Choreography Building and Cueing

### ***Step***

***(5 hours)***

- Movement Library
- Pre-class Preparation
- Proper Stepping Technique
- Warm up
- Cardiovascular Conditioning
- Muscular Conditioning
- Final Cool Down
- Tips for Building Step  
Choreography
- Safety Considerations

### ***Step Class Participation***

***(1 hour)***

- Participation in an actual class

### ***Exam***

***(.5 hours)***

- NFLA Group Fitness Leadership  
Exam

***Total Hours: 26***