



## IFC Fitness Instructor Certification/Recertification Performance Standards

### Class Components Must See Items

### Recommended Or Optional Items

#### I. Warm Up

- ◆ Locomotor activities which enhance circulation such as large muscle rhythmic movements for a minimum of 4-5 minutes
- ◆ Range of motion (ROM) in the midrange for all major joint action in the upper, mid and lower body
- ◆ Either dynamic stretches at a controlled speed or static stretches held 8-10 seconds
- ◆ Dynamic stretches are those movements which lengthen the muscle momentarily but are gentle and slow enough that the stretch reflex mechanism is not activated. These are known as “pulses” and may be incorporated into the locomotor activities.

#### Upper Body

- ◆ Joint action movements may be included with static or dynamic lower body stretches. This includes the following:
  - ◇ Shoulder flexion, extension
  - ◇ Adduction, abduction
  - ◇ Elbow flexion, extension
- ◆ Verbal cues for upper body can include pecs, upper back etc.

#### Lower Body

- ◆ Stretches must include the following:
  - ◇ Iliopsoas
  - ◇ Quadriceps
  - ◇ Tibialis anterior
  - ◇ Erector spinae
  - ◇ Hamstrings
  - ◇ Gastrocnemius
  - ◇ Soleus
- ◆ Verbal cues must be given for muscles being stretches
- ◆ Duration should be 10-15% of total class appropriate to the level

## Class Components Must See Items

## Recommended Or Optional Items

### II. Aerobic Conditioning

- ◆ Activities which are sufficiently challenging for the group to attain a cardiovascular training effect to improve muscular conditioning.
  - ◆ Consist of gradual increase in intensity for the first 2-3 minutes by progressive increase in movement intensity
  - ◆ Intensity is monitored correctly using the target heart rate (THR) and /or the perceived exertion (PE) methods. A THR or PE chart must be available
  - ◆ HR is checked immediately after stopping the activity while the feet are kept moving and is counted for 10 or 15 seconds.
  - ◆ Intensity is monitored using the THR or PE a minimum of once before the cardio cool down, approximately half way through to allow for intensity adjustments
  - ◆ Provides intensity option based on the recent monitoring
  - ◆ Prevents overuse by using variety of upper and lower body movements to alternate levers, planes, directions and/or tempo
  - ◆ Maximum number of consecutive weight bearing movements on one leg for low impact is 8, for high impact is 4
  - ◆ Travels in a variety of directions to avoid prolonged stationary activities of more than 3- 4 minutes
- ◆ The order of the aerobic conditioning and muscle strength and endurance components is at the discretion of the leader but should be based on sound exercise principles
  - ◆ Talk test or other methods may be used as well
  - ◆ HR can be checked before and after the aerobic conditioning component
  - ◆ Asks for feedback from the class regarding the intensity so as to adapt if necessary
  - ◆ Movements to the front are usually overused (flexors), so care should be taken to the back (extensor)
  - ◆ Maximum number of reps do not apply in running and walking activities
  - ◆ Recommended repetitions for a weight bearing joint is 4, maximum of 8 repetitions is recommended for arm use above the heart
  - ◆ Uses available space effectively

## Class Components Must See Items

## Recommended Or Optional Items

### Aerobic Conditioning Continued

- ◆ Provides intensity alternatives verbally and/or non-verbally
- ◆ Minimum length is 15-20 mins

- ◆ A multi-peak or interval cardio-vascular component may be appropriate after the warm-up and before the cool-down depending on the group level

### Aerobic Cool Down

- ◆ Movements which gradually decrease in intensity for a minimum of 2 minutes
- ◆ Sufficient cool down before muscular conditioning
- ◆ Duration for aerobic conditioning and aerobic cool-down should be 40-60% of the total class time, appropriate to the level

- ◆ Monitor the intensity and possibly remain upright for the beginning of the muscular conditioning

### III. Muscular Conditioning

- ◆ Performs safe and effective exercises for the abdominals and erector spinae
- ◆ Performs safe and effective exercises for one other muscle pair. Muscle group selected should be the ones not focused on in the aerobic conditioning component  
eg: Abductor/Adductor
- ◆ Repetitions should be of approximately similar duration for both sides of the body

- ◆ May be asked to demonstrate muscle pair exercises after class if not included in class
- ◆ Static stretching for a minimum of 20 seconds is recommended after working each muscle group to improve flexibility. If sustained, static stretching is included here, it does not have to be repeated in the final cool-down for those muscles that are not worked again

## Class Components Must See Items

## Recommended Or Optional Items

### Muscular Conditioning Continued

- ◆ Alignment and techniques are carefully demonstrated
- ◆ Number of repetitions and amount of resistance carefully controlled and options given to work participants muscles to a comfortable fatigue
- ◆ Balance achieved between the muscles in a pair by strengthening both and preventing overuse of one or the other
- ◆ As muscle endurance is an important part of the aerobic conditioning component, muscle strength should be an important part of ( the muscular conditioning) component wherever possible
- ◆ Balance between stretch and strength capabilities should be included
- ◆ Duration should be 20-30% of the total class time, appropriate to the level

### IV. Final Cool Down

- ◆ In a relaxing climate, performs sustained static stretching for at least 20 seconds on the muscles that have been heavily worked:
  - ◇ Upper body
  - ◇ Mid body (trunk)
  - ◇ Lower body
- ◆ Stretch of the major working muscles:
  - ◇ Iliopsoas
  - ◇ Quadriceps
  - ◇ Tibialis anterior
  - ◇ Erector Spinae ( lumbar)
  - ◇ Hamstrings
  - ◇ Gastrocnemius
  - ◇ Soleus
  - ◇ Upper body
- ◆ 30-60 seconds or more is necessary to improve flexibility
- ◆ Different types of stretching such as PNF may be used
- ◆ PNF should be used with caution
- ◆ Relaxed state but can be up
- ◆ Other muscles that have been heavily worked should be stretched as well, such as the gluteus maximus

### V. Leadership Training Techniques

- ◆ Continuity from one class component to another
- ◆ Clear and concise cues verbally and/or non-verbally before an exercise change
- ◆ Exercise and intensity are safe and appropriate for the class activities
- ◆ Cues two to three counts before change

## Class Components Must See Items

## Recommended Or Optional Items

### Leadership Training Techniques Continued

- ◆ Intensity and/or safety modifications offered in response to class feedback
  - ◆ Correct alignment demonstrated and reinforced verbally and non-verbally
  - ◆ Precautions related to specific exercises are given
  - ◆ Teaches exercises or movement patterns using a combination of learning techniques such as; facing the class, back to class, using mirrors, teaching parts and putting it together, matching the whole routine and breaking it into parts, teaching from the simple to the complex etc.
  - ◆ Considers limitations of the facility regarding space, floor, acoustics, lighting etc.
  - ◆ Performs a pre-class safety check of the facility
  - ◆ Knows the emergency action plan for the facility
  - ◆ Interacts with participants before, during and after the class
  - ◆ Introduces the class with type, level, length and instructor's name
  - ◆ Includes pleasure giving behaviour such as non-disruptive social interaction, encouraging smiles and laughter, providing exercises that can be done successfully etc.
  - ◆ Uses methods which increase socialization opportunities such as use of names, eye contact, partners and pre/post class activities
- ◆ Performs music changes without disruption or long pauses
  - ◆ Uses appropriate tempo for safe exercise execution in each component
  - ◆ Uses appropriate volume
  - ◆ Feedback on participant alignment when necessary
  - ◆ Uses 3-4 teaching techniques

## Class Components Must See Items

## Recommended Or Optional Items

### Leadership Training Techniques Continued

- ◆ Uses the underlying beat of the music and cues with the strong beat of the phrase
- ◆ Chooses music that is not offensive regarding race, gender, or religion
- ◆ Provides accurate information/explanations
- ◆ Explains the purpose and or value of several exercises during the class without disrupting the flow
- ◆ Uses the half beat or double beat on occasion
- ◆ Uses the words, phrases or theme in the routine design
- ◆ Gives a verbal fit-tip or provides a handout on the specific fitness/health/recreation topics

### VI. Personal

- ◆ Voice is projected at an appropriate level for the size of the class, volume of music and facility
- ◆ Attentive to the class and uses eye contact
- ◆ Prepared and organized and efficient
- ◆ Punctual
- ◆ Is encouraging by being approachable and receptive
- ◆ Communicates in a positive and motivating way, uses permission giving behaviour
- ◆ Participant-centered by encouraging feedback and adapts to it
- ◆ Arrives 5 minutes before class

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