

Fitness New Brunswick

Fitness NB Step Addendum To Performance Standards

Class Components Must See Items

Recommended Or Optional Items

I. Warm Up

Verbal Introduction (pre-class announcement)

- ◆ Identify new participants and special needs participants (unfit, pregnant, knee braces).
- ◆ Quick check on step positioning and proper posture for step.
- ◆ Name and explain new moves.

Pre-Teaching / Rehearsal

- ◆ Introduce new moves practically.
- ◆ Familiarize participants with use / dimension of step.

Upper Back / Shoulder Stretch

- ◆ Stretches must include shoulders and upper back.

II. Aerobic Conditioning

- ◆ Gradual increase in intensity and complexity.
- ◆ From basic steps to variations

Class Components Must See Items

Recommended Or Optional Items

Logical Progression

- ◆ Including lead leg, planes and direction.
- ◆ Smooth transitions with enough notice.

Arm Work and Foot Work

- ◆ Safe, controlled, balance
- ◆ Care needs to be taken to use movements to back (extensors) and to emphasize lateral moves (abductors) to prevent hip flexor overuse.

Maximum 1 repeater - 5 per leg

- ◆ No more than 1 repeater - 5 on weight bearing leg.

Maximum 1 minute per lead leg

- ◆ To ensure balanced choreography and moves.
- ◆ To prevent exhaustion on one side of the body.

Maximum 1 minute for single lunges

- ◆ To ensure proper control and positioning of hip-knee-foot, one minute is considered safe.
- ◆ If single lunges are used for more than 1 minute, they need to be interspersed with other less intense moves. For example straddle down and up.

Maximum 8 consecutive power / propulsion

- ◆ To be alternated with grounded moves.

Class Components Must See Items

Recommended Or Optional Items

**Cool Down
Shoulders/Upper Back Stretch**

- ◆ Stretch must include shoulders and upper back

V. Leadership

Step Positioning

- ◆ Optimal for choreography used (ie. Logical positioning for maximal participants visibility)

Instructor Positioning

- ◆ Number of risers used appropriate.
- ◆ To maximize participants view of instructor.
- ◆ To always use mirror image whether facing group or away from group.

Circulation

- ◆ To ensure proper stepping technique by all participants with new moves as needed.

Music

- ◆ Step: between 120 and 126 BPM to allow for differences in participants' size, height, fitness level and to ensure full extension of joints and limbs, good control of moves, proper posture and optimize co-ordination.
- ◆ Other components as appropriate.