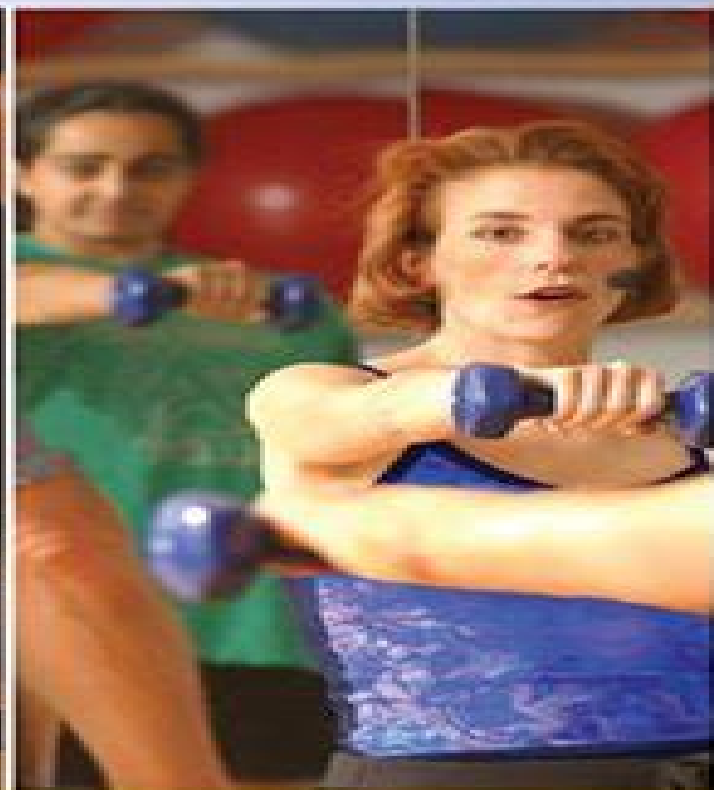


METHODS OF GROUP EXERCISE INSTRUCTION

***Basic moves
demonstrated on DVD***



CAROL A. KENNEDY • MARY M. YOKE

Methods Of Group Exercise Instruction 3rd Edition With Online Video

Donald Treadwell



Methods Of Group Exercise Instruction 3rd Edition With Online Video:

Methods of Group Exercise Instruction Carol A. Kennedy, Mary M. Yoke, 2009 Completely revised **Methods of Group Exercise Instruction** Second Edition highlights the commonalities of a variety of group exercise formats through common training principles correction techniques and safety Comprehensive practical and research based this text features applied learning through practical mini teaching assignments that are referenced with demonstrations found on the DVD Teaching techniques convey appropriate training for each muscle group and methods for warm up cardiorespiratory training muscular conditioning and flexibility In addition starter routines modification strategies and assessments are presented for eight class formats hi low impact step training kickboxing sport conditioning stationary indoor cycling water exercise yoga and mat based Pilates Merging both text and video the second edition is an in depth and practical resource for beginning and preprofessional group exercise instructors working to improve their teaching skills and confidence New to this second edition are the following features Three chapters discussing popular group exercise formats for sports conditioning yoga and mat based Pilates Research highlight boxes that share supporting research for the guidelines and procedures recommended in the text Three skill levels of instruction for many formats featured on the DVD DVD quizzes in the instructor guide for use in conjunction with the video segments An expanded instructor guide and test package **Methods of Group Exercise Instruction** Second Edition moves from theory to practice in a logical progression that is helpful for both students and methods course instructors The text is also organized for easy reference putting the techniques that group exercise instructors need to know at their fingertips Part I of the text presents foundational knowledge for group exercise instructors which is applied in part III of the book An introduction to the field of group exercise instruction discusses differences between student centered and teacher centered instruction presents research on group cohesion and offers options for professional certification and continuing education Insights on the evolution of group fitness cultural influences the instructor as role model and basic business practices provide a deeper level of understanding that moves beyond the class routine to create a safe and enjoyable environment for all class participants The final two chapters in part I present practical discussion of core concepts in class design and appropriate use of music choreography and cueing methods Chapters in part II are aligned with the American College of Sports Medicine ACSM guidelines for the four components of health and fitness warm up and stretching cardiorespiratory training muscular conditioning and flexibility training Special focus is given to presentation of muscle groups joints and proper exercise techniques Through an integrated use of illustrations photos text and DVD examples readers gain an accurate working knowledge of proper exercise technique and the physiology of muscle groups and joints required for each exercise Part III provides applied information on specific group exercise class modalities step training kickboxing sport conditioning and functional training stationary indoor cycling water exercise yoga and Pilates From technique and basic moves to music selection and safety considerations these chapters along with the material on the

accompanying DVD provide clear and dynamic instruction of the components of each modality. In addition, sample routines and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans. The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes, equipment based cardio classes, and mind and body classes. For students and course instructors, the practical assignments and practice drills throughout the text reinforce the content while facilitating instruction. In addition, the accompanying DVD provides invaluable visual and practical information to help students convert the information presented in the text to applied skills necessary for success in their future professions. When used as a course text, *Methods of Group Exercise Instruction Second Edition* also includes an updated instructor guide and test package which offer suggestions for effective use of the book and DVD package, lesson plan outlines, a sample week by week syllabus, lab activities, and sample test questions. Online course options are also available for those instructors and students who prefer the convenience of online learning. *Methods of Group Exercise Instruction Second Edition* presents a comprehensive and research based discussion of the commonalities of all formats of group exercise. This unique and in depth approach, bolstered by the dynamic learning aids in the accompanying DVD, make this second edition a valuable resource and reference for both preprofessional and professional instructors of any group exercise format.

Methods of Group Exercise Instruction-3rd Edition Carol Kennedy-Armbruster, Mary Yoke, 2014-02-12. Based on industry standards and guidelines, this text highlights a variety of group exercise formats through training principles, correction, and progression techniques, and safety to enhance the skills of group exercise leaders.

Methods of Group Exercise Instruction Carol K. Armbruster, Mary M. Yoke, 2014-01-30. Formats, modalities, and trends in group exercise are constantly evolving. *Methods of Group Exercise Instruction Third Edition With Online Video* explores the most common group exercise modalities, enhancing readers' marketability by giving them the skills to lead dynamic, safe, and effective classes. This text highlights the commonalities of a variety of group exercise formats through training principles, correction, and progression techniques, and safety tips to enhance the skills of both group exercise leaders and program directors. *Methods of Group Exercise Instruction Third Edition* moves from theory to practice in a logical progression. Rather than simply providing routines, this book helps instructors develop the core skills needed for creating routines, use proper cueing, and adapt their teaching to new modalities. Teaching techniques convey appropriate training for each muscle group and methods for warm up, cardiorespiratory training, muscular conditioning, neuromotor training, and flexibility. In addition, starter routines, modification strategies, and instructor assessment criteria are presented for seven class formats: kickboxing, step training, stationary indoor cycling, sport conditioning, and boot camp, water exercise, yoga, and mat based Pilates. The text also touches on alternative modalities including dance based classes, fusion, and mind body training. Thoroughly revised and reorganized based on industry standards, the third edition of *Methods of Group Exercise Instruction* offers expanded content to help readers become better instructors. Updates to the third edition include the following: Online video totaling over 100

minutes demonstrates key content in the text New chapters cover social aspects of group exercise coaching based instructional models and neuromotor and functional training Callout boxes highlight important topics research findings technique and safety checks and practice drills which facilitate quick learning Short assignments at the close of each chapter encourage readers to look beyond the text to gain practical experience Evaluation forms and evaluation key points allow instructors to gauge their teaching success and adapt the key criteria of a successful class to each exercise modality The three part structure of this book is retained from the previous edition but the content is reorganized to better reflect industry standards and guidelines Part I provides a general overview of group exercise the evolution and advantages of group exercise the strategies for creating group cohesion in a class the core concepts in class design and the use of music choreography and cueing methods in designing and leading a class Part II offers guidelines for leading the four major segments of a group exercise class warm up cardiorespiratory training muscular conditioning and exibility training and includes a new chapter on neuromotor and functional training These basic concepts pertain to all modalities covered in part III which focuses on practical teaching skills Basic moves choreography and training systems are covered for each type of class Sample routines and class formats for each modality offer a confident starting point for novice instructors and fresh material for veterans The final chapter discusses customized or hybrid classes such as lifestyle physical activity based classes equipment based cardio classes and mind and body classes When used as a course text *Methods of Group Exercise Instruction Third Edition* includes instructor ancillaries which offer suggestions for effective use of the book and online video lesson plan outlines a sample week by week syllabus lab activities and test questions The third edition also features a newly added image bank containing all the figures and photos from the text to use in presentations

[Evidence-Based Training Methods, 3rd Edition](#) Ruth Colvin Clark, 2019-12-30 Let evidence guide your training Your training is much more effective when your methods are based on evidence In this third edition of *Evidence Based Training Methods* Ruth Colvin Clark offers concrete training guidance as she connects research to practice This book is rich with examples of how research enhances training and with it as your guide you can incorporate evidence and learning psychology into your program design development and delivery decisions New in this edition Clark examines research on feedback with application tips for training as well as on using animations in critical thinking exercises Games have also inspired a great deal of recent research leading to updated information about which ones are effective and why Ultimately Clark advises focusing on instructional methods that are relatively inexpensive to implement and offers simple effective changes

Resources in Education ,1985 **Popular Science** ,2005-09 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

Popular Mechanics ,2000-01 Popular Mechanics inspires instructs and influences readers to help them master the modern world Whether it s practical DIY home improvement tips gadgets and digital technology information

on the newest cars or the latest breakthroughs in science PM is the ultimate guide to our high tech lifestyle **Cincinnati Magazine** ,2003-04 Cincinnati Magazine taps into the DNA of the city exploring shopping dining living and culture and giving readers a ringside seat on the issues shaping the region Popular Science ,2004-12 Popular Science gives our readers the information and tools to improve their technology and their world The core belief that Popular Science and our readers share The future is going to be better and science and technology are the driving forces that will help make it better

Introducing Communication Research Donald Treadwell,2014 Highlighting examples of research in real world settings throughout this textbook provides an overview of the research process covering both quantitative and qualitative methods statistics ethics measurement and more A concluding chapter shows students how to write up and present their research to various audiences Atlanta Magazine ,2005-01 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region *Los Angeles Magazine* ,2003-11 Los Angeles magazine is a regional magazine of national stature Our combination of award winning feature writing investigative reporting service journalism and design covers the people lifestyle culture entertainment fashion art and architecture and news that define Southern California Started in the spring of 1961 Los Angeles magazine has been addressing the needs and interests of our region for 48 years The magazine continues to be the definitive resource for an affluent population that is intensely interested in a lifestyle that is uniquely Southern Californian *American Book Publishing Record* ,2006 **Forthcoming Books** Rose Arny,2003-04 **Working Mother** ,2003-10 The magazine that helps career moms balance their personal and professional lives **Cumulated Index Medicus** ,1999 *Encyclopedia of Associations* ,2004 Methods of Group Exercise Instruction Carol A. Kennedy,Mary M. Yoke,Alison DeCaro,2014 Subject Guide to Books in Print ,1997 **Atlanta Magazine** ,2005-01 Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the people the issues the trends and the events that define our city The magazine informs challenges and entertains our readers each month while helping them make intelligent choices not only about what they do and where they go but what they think about matters of importance to the community and the region Atlanta magazine s editorial mission is to engage our community through provocative writing authoritative reporting and superlative design that illuminate the

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