

NETA GROUP EXERCISE TRAINING

Brooke Brown



GROUP EXERCISE INSTRUCTOR

JANUARY 8TH, 2022

- ◇ Role of a Fitness Professional
- ◇ Communication – Relationship Building
- ◇ Behavioral Change & Motivation
- ◇ Human Anatomy, Kinesiology & Biomechanics
- ◇ Exercise Physiology
- ◇ Nutrients & Dietary Guidelines
- ◇ Programming for Cardiorespiratory, Muscular, Flexibility Fitness
- ◇ Group Exercise Format & Teaching
- ◇ Injury Management, Emergency Response, Medical Conditions & Special Populations

ROLE OF A FITNESS PROFESSIONAL

Coach

Facilitator

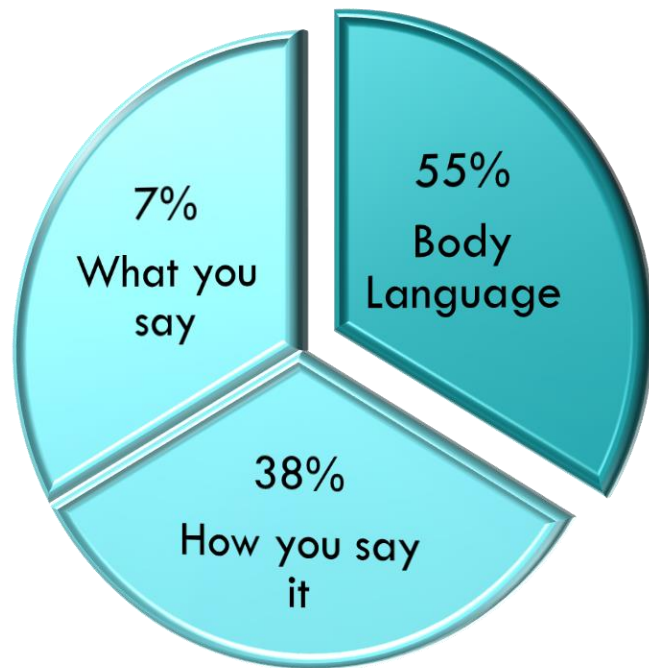
Instructor

Referral
Source

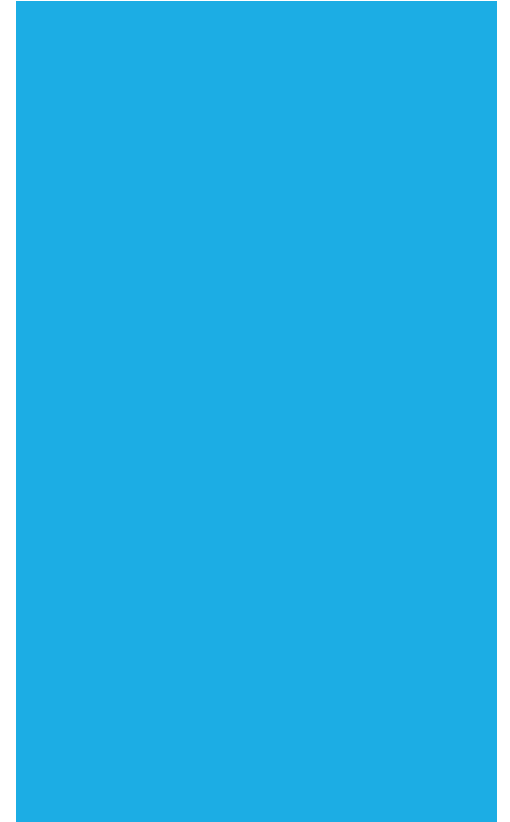
Role
Model



COMMUNICATION & RELATIONSHIP BUILDING



- ◇ Open Ended Questions
- ◇ Close Ended Questions
- ◇ Active Listening Skills
 - ◇ Question
 - ◇ Repeat
 - ◇ Clarify/Reflect
 - ◇ Paraphrase
 - ◇ Summarize
 - ◇ Minimal Exchange



BEHAVIORAL CHANGE & MOTIVATION

Transtheoretical Model



- ◇ Warm – UP
- ◇ Exercise Portion
 - ◇ F.I.T.T (Frequency, Intensity, Time, Type)
- ◇ Cool - Down



PROGRAMMING & EXERCISE FORMAT FOR GROUP EXERCISE

GROUP EXERCISE INSTRUCTOR WORKSHOP & EXAM

- ◇ Group Fitness Class Development and Design
- ◇ Implementation of Group Fitness Class
- ◇ Engagement and Leadership of Group Fitness Participants
- ◇ Professional Responsibilities and Conduct
- ◇ 20 Experimental Questions

- ◇ Recertification Process**



NUTRITION COACH

JANUARY 9TH, 2022

- ◇ 6 Essential Nutrients
- ◇ Dietary Guidelines for Americans
- ◇ Dietary Supplements
- ◇ Behavior Change
- ◇ Motivational Interviewing
- ◇ Scope of Practice

6 ESSENTIAL NUTRIENTS

Carbohydrates

Proteins

Vitamins

Minerals

Fats

Water



DIETARY GUIDELINES FOR AMERICANS

- ◇ Updated information every 5 years, currently 2020 – 2025
- ◇ Supplements – Whey, Soy, Plant-Based, Weight Loss or Performance Enhancing
- ◇ Core Elements for Healthy Dietary Pattern
 - ◇ Vegetables
 - ◇ Fruits
 - ◇ Grains
 - ◇ Dairy
 - ◇ Protein
 - ◇ Oils

SELF — EFFICACY THEORY

Mastery Experience

- Most influential
- Past performance = degree of success

Social Modeling

- Looking at others success and comparing oneself
- Reading articles of others success stories

Social Persuasion

- Verbal/Nonverbal with people around
- Through us, different tactics

Stress Perception reduction

- Reframing perception of stressful aspect
- One's pain or emotional state creates stress

**STANDARD
SETTING PANEL
MARCH 4-5TH,
2022**

- ◇ Volunteer Group of NETA certified fitness professionals
- ◇ Rate the difficulty on new exam form
- ◇ Zoom meetings with Dr. Henderson & independent tasks
- ◇ NETA CEC's & Recert**