

# NETA GROUP EXERCISE TRAINING

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Brooke Brown



# GROUP EXERCISE INSTRUCTOR

## JANUARY 8<sup>TH</sup>, 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

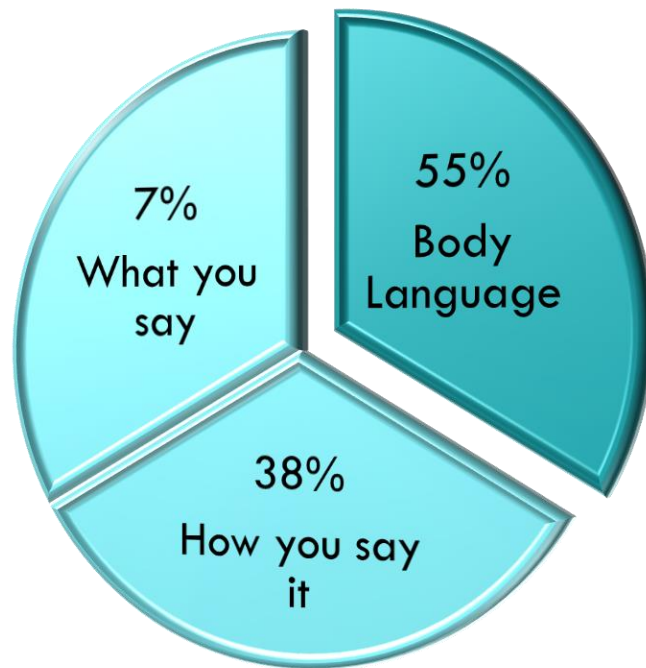
Instructor

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 9<sup>TH</sup>, 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 4-5<sup>TH</sup>,  
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\*\*

# NETA STANDARD SETTING PANEL

◇ Michael Iserman  
◇ NETA Director of certification

◇ Jim Henderson  
◇ PhD, consulting psychometrician  
◇ Certification in licensing and testing

◇ North Carolina

◇ Washington

◇ Georgia

◇ Ohio

◇ South Carolina

◇ Colorado

◇ Missouri/Iowa



# KEY TERMS & DEFINITIONS

## Minimum Proficiency

- Ranges from very low levels of knowledge and skill to expert levels of ability
- Line of understanding of the needs of clients, typical responsibilities the **newly certified group exercise instructors** possess sufficient knowledge and skill

## Cut Score

- The number of questions that candidates must answer correctly to meet or exceed the minimum proficient requirement
- Pass/Fail decision

## Stakeholders

- The various groups that have an interest in the NETA GEI Certification Examination (public, clients, class participants, employers, candidates, family members, certificates, insurance companies, competing companies/agencies)

## Angoff Modified Technique

- The most thoroughly researched and widely used method for establishing the passing standard for certification and licensure examinations

# NETA STANDARD SETTING PANEL

- ◇ Job Task Analysis
- ◇ Test Blueprint
- ◇ Test Setting
- ◇ Standard Setting
- ◇ Test Administrated
  
- ◇ Independent Ratings

**QUESTIONS?**

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**Thank You!**