

## Group Exercise Instructor Practice Analysis Test Specifications

Group Exercise instructors are fitness professionals who promote health. They accomplish this by developing and implementing exercise programs designed to safely and effectively meet the unique goals of the clients they serve. This practice takes place in the context of their unwavering commitment to client safety and service and their adherence to the highest principles of ethical behavior.

### GROUP EXERCISE INSTRUCTOR PRACTICE ANALYSIS

Domain I – Comprehend and apply exercise science as it relates to Group Exercise (D1) - 30%

Comprehend and apply exercise-related cardio-respiratory endurance (CRE) adaptations (T1) (5%)

- K1 Exercise Physiology
- K2 Exercise-related Anatomy
- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes

Comprehend and apply exercise-related musculoskeletal adaptations (T2) (5%)

- K1 Exercise Physiology
- K2 Exercise-related Anatomy
- K5 Fitness Components and Guidelines
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K11 Appropriate Muscle Endurance / Strength Activities
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique

Comprehend and apply nutrition and weight management guidelines (T3) (4%)

- K1 Exercise Physiology
- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K14 Exercise-related Nutrition
- K15 Weight Management
- K16 Medical Considerations
- K17 Principles of Behavior Change
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)

Comprehend and apply bio-energetics (T4) (4%)

- K1 Exercise Physiology
- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities

Comprehend and apply injury prevention / management skills (T5) (4%)

- K2 Exercise-related Anatomy
- K3 Exercise Intensity
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes

- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K11 Appropriate Muscle Endurance / Strength Activities
- K13 Correct Exercise Technique
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K19 Exercise-related Injuries
- K20 Cueing Skills
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K23 Appropriate and Correct Use of Common Group Exercise Equipment

Identify and implement exercise-related knowledge of special populations and medical considerations (T6) (4%)

- K5 Fitness Components and Guidelines
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K10 Exercise-related Biomechanics
- K13 Correct Exercise Technique
- K14 Exercise-related Nutrition
- K15 Weight Management
- K16 Medical Considerations
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K24 Music Structure, Style, and Tempo
- K25 Emergency Response Procedures

Understand and apply appropriate application of fitness components (T7) (4%)

- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K11 Appropriate Muscle Endurance / Strength Activities
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K19 Exercise-related Injuries
- K20 Cueing Skills
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K24 Music Structure, Style, and Tempo
- K26 Choreography Development

Domain II – Class Design (D2) - 25%

Design and incorporate the understanding of fitness components and promoting overall health into group exercise classes (T1) (5%)

- K1 Exercise Physiology
- K2 Exercise-related Anatomy
- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K11 Appropriate Muscle Endurance / Strength Activities
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique
- K16 Medical Considerations
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K19 Exercise-related Injuries
- K20 Cueing Skills
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K24 Music Structure, Style, and Tempo
- K26 Choreography Development

Modify group exercise activities to accommodate various skills and fitness levels (T2) (5%)

- K1 Exercise Physiology
- K2 Exercise-related Anatomy
- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K11 Appropriate Muscle Endurance / Strength Activities
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique
- K16 Medical Considerations
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K19 Exercise-related Injuries
- K20 Cueing Skills
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K24 Music Structure, Style, and Tempo
- K26 Choreography Development

Understand and apply fitness training principles and guidelines (T3) (5%)

- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K11 Appropriate Muscle Endurance / Strength Activities
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique
- K16 Medical Considerations
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K19 Exercise-related Injuries
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K24 Music Structure, Style, and Tempo

Select and demonstrate proper usage and application of equipment, music and movement (T4) (5%)

- K3 Exercise Intensity
- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K13 Correct Exercise Technique
- K19 Exercise-related Injuries
- K20 Cueing Skills
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K24 Music Structure, Style, and Tempo
- K26 Choreography Development

Modify group exercise activities to accommodate special populations and participants with medical considerations (T5) (5%)

- K3 Exercise Intensity
- K4 Cardio-Respiratory Endurance (CRE) Activities
- K5 Fitness Components and Guidelines
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K11 Appropriate Muscle Endurance / Strength Activities
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique
- K16 Medical Considerations
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K24 Music Structure, Style, and Tempo
- K26 Choreography Development
- K27 Communication Styles and Techniques

Domain III – Group Instructor Skills (D3) - 25%

Demonstrate an understanding of music and effective cuing skills (T1) (7%)

- K20 Cueing Skills
- K24 Music Structure, Style, and Tempo
- K27 Communication Styles and Techniques

Create and facilitate safe and effective movement progressions (T2) (6%)

- K4 Cardio-Respiratory Endurance (CRE) Activities
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K10 Exercise-related Biomechanics
- K11 Appropriate Muscle Endurance / Strength Activities
- K13 Correct Exercise Technique
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K21 Appropriate Warm up Activities
- K22 Appropriate Cool down Activities
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K26 Choreography Development

Monitor intensity using a variety of methods for participants to exercise at individually appropriate levels (T3) (6%)

- K3 Exercise Intensity
- K5 Fitness Components and Guidelines
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K12 ACSM Training Guidelines & Principles
- K16 Medical Considerations
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K20 Cueing Skills

Identify, assess and correct improper exercise techniques utilizing effective teaching methods (T4) (6%)

- K3 Exercise Intensity
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K9 Exercise-related Kinesiology
- K10 Exercise-related Biomechanics
- K13 Correct Exercise Technique
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K19 Exercise-related Injuries
- K20 Cueing Skills
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K27 Communication Styles and Techniques
- K28 Teaching Methods

Domain IV – Interpersonal Skills (D4) - 14%

Apply motivational strategies to promote exercise adherence and a healthy lifestyle (T1) (4%)

- K5 Fitness Components and Guidelines
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K12 ACSM Training Guidelines & Principles
- K17 Principles of Behavior Change
- K20 Cueing Skills
- K27 Communication Styles and Techniques

Facilitate a fun and comfortable exercise environment to encourage individual success (T2) (4%)

- K17 Principles of Behavior Change
- K24 Music Structure, Style, and Tempo
- K26 Choreography Development
- K27 Communication Styles and Techniques
- K28 Teaching Methods

Educate participants about health and fitness in order to achieve and maintain an optimal lifestyle (T3) (3%)

- K3 Exercise Intensity
- K5 Fitness Components and Guidelines
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K8 Signs and Symptoms of Overtraining and Overuse Syndromes
- K12 ACSM Training Guidelines & Principles
- K13 Correct Exercise Technique
- K14 Exercise-related Nutrition
- K15 Weight Management
- K19 Exercise-related Injuries
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K27 Communication Styles and Techniques

Demonstrate effective communication skills (T4) (3%)

- K20 Cueing Skills
- K27 Communication Styles and Techniques

Domain V – Legal Issues (D5) - 6%

Adhere to legal and industry guidelines to protect the interest of participants and minimize risk (T1) (2%)

- K5 Fitness Components and Guidelines
- K6 Guidelines to Improve Overall Health
- K7 Activity / Exercise-Specific Benefits, Indications, Contraindications, Risks and Precautions
- K12 ACSM Training Guidelines & Principles
- K18 Guidelines, Contraindications and Precautions for Special Populations (pre- and post-natal, children, older adults and participants with chronic medical considerations)
- K23 Appropriate and Correct Use of Common Group Exercise Equipment
- K24 Music Structure, Style, and Tempo
- K29 Elements of Informed Consent
- K30 NETA Code of Ethics
- K31 ACSM Facilities Guidelines

Adhere to NETA-GECB Code of Ethics (T2) (2%)

K29 Elements of Informed Consent

K30 NETA Code of Ethics

K32 Music Licensing and Copyright

Appropriately respond to medical emergencies by implementing CPR / AED and /or First Aid as needed (T3) (2%)

K16 Medical Considerations

K19 Exercise-related Injuries

K25 Emergency Response Procedures

K30 NETA Code of Ethics

K31 ACSM Facilities Guidelines