



Methods of Group Exercise Instruction - 2nd Edition

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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.

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