



# National Fitness Professionals Association

## Group Fitness / Aerobic Instructor Class Schedule

### Day 1 – Friday

7:30 - 8:00 am	Registration
8:00 - 10:00 am	Exercise Physiology
10:00 - 11:00 am	Cardiovascular Training / Program Design
11:30 - 12:00 pm	Flexibility
12:00 - 1:00 pm	<b><u>LUNCH BREAK</u></b>
1:00 - 2:00 pm	Special Populations
2:00 - 3:00 pm	Injury Prevention & Emergency Procedures
3:00-5:00 pm	Strength Training & Intro to Class Development

### Day 2 - Saturday

8:00-9:30 am	Applied Anatomy
9:30-11:00 am	Kinesiology / Biomechanics
11:00- 12:00 pm	<b><u>LUNCH BREAK</u></b>
12:00-1:00 pm	Class Development Lecture I / Lab <ul style="list-style-type: none"><li>○ Music / Cues</li><li>○ Warm-up</li><li>○ Injury Prevention</li></ul>
1:00-2:00 pm	Class Development Lecture II / Lab <ul style="list-style-type: none"><li>○ Teaching Skills</li><li>○ Aerobic Run / Cardiovascular</li><li>○ Intensity</li><li>○ Motivation</li></ul>
2:00-4:00 pm	Class Development Lecture III / Lab <ul style="list-style-type: none"><li>○ Cool Down / Flexibility Training</li><li>○ Review</li></ul>

### Day 3 - Sunday

2:00-5:00 pm	Testing <ul style="list-style-type: none"><li>○ Written</li><li>○ Practical</li></ul>
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