

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Intro to Group Exercise Cueing

Workshop Level



LAPT — London Academy of Professional Training

Address 85 Great Portland Street, W1W 7LT, London, United Kingdom

Email info@lapt.org

Telephone +44 7513 283044

Web lapt.org

Reference FT-GFS-W • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-GFS-W
AWARD	Certificate
ASSESSMENT	445 marks — 267 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Introduction to Group Dynamics 3 chapters · 12 classes 90 marks	• 1 Understanding Group Dynamics in Fitness Classes — 4 classes › 1.1 Define Group Dynamics in Fitness Settings › 1.2 Explore Participant Roles and Behaviors › 1.3 Analyze Communication and Feedback Techniques › 1.4 Implement Strategies for Positive Group Interaction • 2 Effective Communication and Cueing Strategies — 4 classes › 2.1 Understanding Verbal and Non-verbal Communication in Group Dynamics › 2.2 Mastering the Art of Effective Cueing Techniques › 2.3 Applying Cueing Strategies to Enhance Group Engagement › 2.4 Troubleshooting Common Communication Challenges in Group Settings • 3 Adapting to Diverse Group Needs and Challenges — 4 classes › 3.1 Understanding Group Diversity and Dynamics › 3.2 Identifying and Assessing Participant Needs › 3.3 Developing Inclusive Cueing Strategies › 3.4 Overcoming Common Group Exercise Challenges
2 Non-Verbal Communication 3 chapters · 12 classes 45 marks	• 1 Understanding Non-Verbal Cues in Group Exercise — 4 classes › 1.1 Recognising Common Non-Verbal Cues in Group Exercise › 1.2 Interpreting Body Language Signals from Participants › 1.3 Adapting Your Instruction Based on Non-Verbal Feedback › 1.4 Enhancing Participant Engagement Through Non-Verbal Strategies • 2 Utilizing Body Language for Effective Instruction — 4 classes › 2.1 Recognizing Key Body Language Signals › 2.2 Understanding Facial Expressions in Instruction › 2.3 Demonstrating Effective Gestures for Engagement › 2.4 Adapting Body Language to Different Group Settings • 3 Advanced Techniques for Non-Verbal Cueing — 4 classes › 3.1 Recognizing Non-Verbal Cue Types › 3.2 Analyzing the Impact of Body Language in Exercise Classes › 3.3 Developing Effective Hand Signals for Key Movements › 3.4 Implementing Facial Expressions to Enhance Participant Engagement

3

Participant Feedback and Interaction

3 chapters · 12 classes

65 marks

• 1 Understanding Participant Needs and Expectations — 4 classes

- › 1.1 Identifying Participant Profiles and Needs
- › 1.2 Understanding and Setting Clear Expectations
- › 1.3 Techniques for Active Listening in Exercise Settings
- › 1.4 Implementing Feedback for Enhanced Engagement

• 2 Techniques for Providing Consistent, Constructive Feedback — 4 classes

- › 2.1 Understanding the Importance of Feedback in Group Exercise Settings
- › 2.2 Identifying Consistent Feedback Techniques for Enhanced Learning
- › 2.3 Developing Constructive Feedback Skills for Diverse Participant Needs
- › 2.4 Practicing Effective Feedback and Interaction in Real-Time Scenarios

• 3 Managing Diverse Group Interactions — 4 classes

- › 3.1 Understanding Group Dynamics in Exercise Settings
- › 3.2 Identifying Diverse Fitness Levels and Needs
- › 3.3 Techniques for Inclusive and Effective Communication
- › 3.4 Encouraging Engagement and Feedback from Participants

4

Practical Cueing Application

3 chapters · 12 classes

90 marks

• 1 Mastering Basic Verbal and Visual Cues — 4 classes

- › 1.1 Understanding Basic Cueing Principles
- › 1.2 Practicing Clear Verbal Cues
- › 1.3 Demonstrating Effective Visual Cues
- › 1.4 Integrating Verbal and Visual Cues in Practice

• 2 Enhancing Cueing with Music and Rhythm — 4 classes

- › 2.1 Integrating Music for Effective Cueing
- › 2.2 Mastering Rhythm to Enhance Movement Cues
- › 2.3 Synchronizing Cues with Musical Beats
- › 2.4 Tailoring Cue Delivery through Tempo Variations

• 3 Advanced Cueing Techniques for Diverse Groups — 4 classes

- › 3.1 Analyze Group Dynamics for Cueing Effectiveness
- › 3.2 Adapt Cueing Techniques for Varied Fitness Levels
- › 3.3 Implement Inclusive Language in Exercise Instructions
- › 3.4 Evaluate Cueing Impact through Participant Feedback

5

Routine Design and Cue Integration

3 chapters · 12 classes

65 marks

• 1 Fundamentals of Routine Design in Group Exercise — 4 classes

- › 1.1 Understanding Group Exercise Routine Design Basics
- › 1.2 Identifying Key Elements of Effective Group Routines
- › 1.3 Integrating Music and Movement in Routines
- › 1.4 Crafting and Cueing a Complete Routine Segment

• 2 Enhancing Participant Engagement through Cueing — 4 classes

- › 2.1 Understand the Role of Cueing in Group Exercise
- › 2.2 Mastering Verbal Cues to Capture Attention
- › 2.3 Utilizing Non-Verbal Signals for Effective Guidance
- › 2.4 Integrating Cues with Routine Design for Maximum Engagement

• 3 Advanced Cue Integration for Diverse Fitness Environments — 4 classes

- › 3.1 Analyze Diverse Fitness Contexts for Effective Cueing
- › 3.2 Develop Integrated Cues for Mixed Ability Groups
- › 3.3 Implement Adaptable Cue Strategies in Varied Sessions
- › 3.4 Evaluate Cue Impact and Adjust Real-Time Delivery

6

Verbal Cueing Techniques

3 chapters · 12 classes

90 marks

• 1 Chapter 1 — Foundations of Verbal Cueing in Group Fitness — 4 classes

- › 1.1 Understanding the Role of Verbal Cueing in Group Fitness
- › 1.2 Exploring Effective Communication Techniques for Group Exercise
- › 1.3 Developing Clear and Concise Cueing Strategies
- › 1.4 Practicing Real-Time Cueing for Improved Participant Engagement

• 2 Chapter 2 — Applying Verbal Cueing Techniques to Enhance Engagement — 4 classes

- › 2.1 Understanding Verbal Cue Types for Engagement
- › 2.2 Exploring Tone and Rhythm in Cue Delivery
- › 2.3 Practicing Precise and Motivating Cues
- › 2.4 Applying Cues to Improve Participant Interaction

• 3 Chapter 3 — Advanced Verbal Cueing for Diverse Group Needs — 4 classes

- › 3.1 Understand Diverse Group Dynamics for Cueing
- › 3.2 Adapt Verbal Cues for Varied Fitness Levels
- › 3.3 Implement Cultural Sensitivity in Cueing
- › 3.4 Enhance Engagement with Motivational Cueing

