

LAPT

LONDON ACADEMY OF PROFESSIONAL TRAINING

CERTIFICATE

Certificate in Group Fitness Instruction

Foundation Level



LAPT — London Academy of Professional Training

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Reference FT-GFS-F • Health & Fitness Centres

UKPRN 10067351 • Registered in England and Wales, company 4984798

AT A GLANCE

REFERENCE	FT-GFS-F
AWARD	Certificate
ASSESSMENT	440 marks — 264 to pass (60%)
PREREQUISITES	None
VALIDITY	Lifetime
AWARDING BODY	LAPT — London Academy of Professional Training

CURRICULUM

1 Class Planning and Design 4 chapters · 20 classes 65 marks	
• 1 Understanding the Basics of Group Fitness Instruction — 5 classes › 1.1 Exploring Group Fitness: Key Concepts and Benefits › 1.2 Identifying Fitness Class Types and Formats › 1.3 Designing Effective Fitness Class Plans › 1.4 Implementing Safe and Inclusive Class Environments › 1.5 Evaluating and Adapting Class Plans for Improvement • 2 Designing Engaging and Effective Class Plans — 5 classes › 2.1 Understanding the Principles of Class Design › 2.2 Identifying Your Audience and Their Needs › 2.3 Crafting a Balanced and Inclusive Workout Routine › 2.4 Integrating Music and Timing to Enhance Engagement › 2.5 Applying Feedback for Continuous Improvement	• 3 Integrating Music and Choreography in Fitness Classes — 5 classes › 3.1 Understanding the Role of Music in Fitness Classes › 3.2 Selecting Appropriate Music Tracks for Varied Workouts › 3.3 Mapping Choreography to Music Beats and Phrases › 3.4 Designing Seamless Transitions Between Tracks and Moves › 3.5 Adapting Music and Choreography for Different Fitness Levels • 4 Adapting Classes for Specific Populations and Special Needs — 5 classes › 4.1 Understanding Diverse Populations in Group Fitness › 4.2 Identifying Special Needs for Inclusive Class Planning › 4.3 Designing Adaptive Fitness Routines › 4.4 Implementing Modifications for Safety and Accessibility › 4.5 Evaluating Class Effectiveness for Specific Populations
2 Exercise Science Fundamentals 4 chapters · 20 classes 90 marks	
• 1 Principles of Human Anatomy Relevant to Exercise — 5 classes › 1.1 Understanding Basic Human Anatomy for Exercise › 1.2 Identifying Key Muscle Groups in the Human Body › 1.3 Exploring Joint Functions and Their Exercise Applications › 1.4 Analyzing the Skeletal System's Role in Movement › 1.5 Applying Anatomical Knowledge to Exercise Program Design • 2 Physiology of Exercise and Acute Responses to Physical Activity — 5 classes › 2.1 Explore the Basics of Muscular Systems in Exercise › 2.2 Understand Cardiorespiratory Responses to Physical Activity › 2.3 Identify Immediate Hormonal Changes During Exercise › 2.4 Examine Energy Systems Utilized in Different Intensities of Activity › 2.5 Analyze the Nervous System's Role in Exercise Regulation	• 3 Biomechanics and Mechanics of Movement — 5 classes › 3.1 Understand Basic Biomechanics Terminology › 3.2 Explore Human Movement Patterns and Planes › 3.3 Analyze Forces and Their Role in Movement › 3.4 Identify Common Biomechanical Principles Applied in Exercise › 3.5 Apply Mechanics Concepts to Improve Exercise Techniques • 4 Principles of Training and Exercise Prescription — 5 classes › 4.1 Understand Key Training Principles › 4.2 Explore the FITT Principle in Exercise Design › 4.3 Analyze the Role of Specificity in Training › 4.4 Examine the Importance of Progressive Overload › 4.5 Apply Exercise Prescription to Fitness Goals

• 1 Understanding Group Fitness Dynamics — 5 classes

- › 1.1 Exploring the Core Principles of Group Fitness
- › 1.2 Analyzing Group Fitness Modalities and Structures
- › 1.3 Identifying the Roles and Responsibilities of a Group Fitness Instructor
- › 1.4 Understanding the Dynamics of Team Interaction and Motivation
- › 1.5 Applying Effective Communication Strategies in Group Settings

• 2 Core Components of Effective Group Fitness Classes — 5 classes

- › 2.1 Understanding the Structure of a Group Fitness Class
- › 2.2 Exploring Key Warm-Up Techniques
- › 2.3 Developing Effective Cardio Routines
- › 2.4 Incorporating Strength and Core Training
- › 2.5 Designing a Comprehensive Cool-Down

• 3 Communication and Motivation in Group Settings — 5 classes

- › 3.1 Understanding the Basics of Effective Communication
- › 3.2 Identifying Barriers to Communication in Group Settings
- › 3.3 Exploring Techniques to Enhance Engagement
- › 3.4 Developing Motivational Strategies for Group Fitness
- › 3.5 Applying Communication Skills for Motivating Participants

• 4 Safety, Adaptations, and Legal Considerations — 5 classes

- › 4.1 Understand Core Safety Principles in Group Fitness
- › 4.2 Identify and Mitigate Common Risks in Fitness Classes
- › 4.3 Adapt Exercises to Meet Diverse Participant Needs
- › 4.4 Implement Emergency Procedures and Equipment Usage
- › 4.5 Explore Legal Responsibilities as a Fitness Instructor

• 1 Understanding Participant Needs and Baseline Assessment — 5 classes

- › 1.1 Identifying Key Participant Needs
- › 1.2 Exploring Methods of Baseline Assessment
- › 1.3 Analyzing Participant Fitness Levels
- › 1.4 Customizing Fitness Plans Based on Assessment
- › 1.5 Incorporating Feedback to Enhance Group Sessions

• 2 Designing Assessment Tools for Group Fitness — 5 classes

- › 2.1 Understanding the Purpose of Assessment Tools
- › 2.2 Identifying Key Components of Effective Assessment Tools
- › 2.3 Exploring Various Types of Assessment Tools for Group Fitness
- › 2.4 Designing Customised Assessment Tools for Diverse Fitness Levels
- › 2.5 Implementing Feedback Mechanisms to Enhance Participant Performance

• 3 Effective Communication of Fitness Assessments — 5 classes

- › 3.1 Understanding Fitness Assessment Goals
- › 3.2 Recognizing Key Components of Assessment Communication
- › 3.3 Demonstrating Techniques for Delivering Clear Assessment Feedback
- › 3.4 Engaging Participants Through Active Listening
- › 3.5 Applying Effective Communication in Real-Life Fitness Scenarios

• 4 Feedback-Driven Session Planning and Modification — 5 classes

- › 4.1 Understanding the Role of Feedback in Session Planning
- › 4.2 Collecting Effective Feedback from Participants
- › 4.3 Analyzing Feedback to Identify Participant Needs
- › 4.4 Translating Feedback into Session Modifications
- › 4.5 Evaluating the Impact of Feedback-Driven Changes

• 1 Understanding Health and Safety Regulations in Group Fitness — 5 classes

- › 1.1 Exploring the Legal Framework of Health and Safety in Fitness
- › 1.2 Identifying Potential Risks in Group Fitness Settings
- › 1.3 Implementing Safety Protocols for Group Fitness Instruction
- › 1.4 Evaluating and Reporting Incidents Effectively
- › 1.5 Developing a Proactive Safety Culture in Fitness Classes

• 2 Identifying and Managing Potential Risks in Fitness Environments — 5 classes

- › 2.1 Understanding Common Hazards in Fitness Environments
- › 2.2 Identifying Risk Factors in Facility Layout and Equipment
- › 2.3 Evaluating Participant Health and Safety Profiles
- › 2.4 Implementing Safety Protocols and Procedures
- › 2.5 Conducting Effective Risk Assessments

• 3 Emergency Preparedness and Incident Response — 5 classes

- › 3.1 Evaluate Potential Emergency Scenarios in a Fitness Setting
- › 3.2 Develop an Effective Emergency Action Plan
- › 3.3 Identify and Utilize Essential Emergency Equipment
- › 3.4 Recognize and Respond to Common Fitness Incidents
- › 3.5 Practice and Assess Incident Response Techniques

• 4 Implementing Safety Protocols and Promoting a Safe Culture — 5 classes

- › 4.1 Understanding Safety Protocols in Group Fitness
- › 4.2 Identifying Common Risks in Fitness Environments
- › 4.3 Developing Emergency Response Plans
- › 4.4 Communicating Safety Guidelines Effectively
- › 4.5 Promoting a Culture of Safety Among Participants

• 1 Understanding Group Dynamics and Communication in Fitness Classes — 5 classes

- › 1.1 Exploring Group Dynamics in Fitness Settings
- › 1.2 Identifying and Adapting to Different Participant Needs
- › 1.3 Communicating Effectively with Diverse Groups
- › 1.4 Building a Positive and Inclusive Class Environment
- › 1.5 Implementing Strategies for Enhanced Group Interaction

• 2 Developing and Delivering Structured Class Routines — 5 classes

- › 2.1 Understanding the Principles of Structured Routines
- › 2.2 Designing Effective Warm-Ups and Cool-Downs
- › 2.3 Sequencing Exercises for Optimal Flow
- › 2.4 Incorporating Music to Enhance Engagement
- › 2.5 Delivering Instructions for Clarity and Motivation

• 3 Utilizing Music and Equipment to Enhance Workouts — 5 classes

- › 3.1 Understanding the Role of Music in Fitness Classes
- › 3.2 Selecting Appropriate Music for Various Workout Styles
- › 3.3 Integrating Rhythm and Beats to Improve Exercise Flow
- › 3.4 Leveraging Equipment to Elevate Workout Intensity
- › 3.5 Crafting Engaging Playlists and Equipment Combinations

• 4 Adapting Techniques for Special Populations and Inclusive Teaching — 5 classes

- › 4.1 Understanding Special Populations in Fitness
- › 4.2 Identifying Needs and Abilities in Diverse Groups
- › 4.3 Modifying Exercises for Accessibility and Safety
- › 4.4 Implementing Adaptive Teaching Methods
- › 4.5 Evaluating and Reflecting on Inclusive Practices