

A GUIDE TO THE STRUCTURE OF A GENERIC AEROBICS EXAM CLASS

The duration of each section (in reality) will depend on factors such as temperature, age, fitness and skill of participants etc. Use the info below as a guide to constructing your class.

Open with an introduction, welcome, explanation of class structure, how to monitor intensity, housekeeping, screening etc.

Mobility Pulse Raiser – total approx 6 mins

Guide 130-138 bpm something lively to set the tone of the class

Simple, rehearsal moves to both raise the pulse and mobilise all major joints to be used. Aim for 1 x 32 (4 blocks of 8) then include additional moves as needed for mobility and stretching.

Prep Stretch – total approx 4 mins

Try to avoid music that is too loud or has too strong a beat

Preferably dynamic (or static 6-10 sec) stretches adopting a whole body approach

Intersperse any static stretches with pulse raising moves (or include a short re-warm at the end)

Total of approx 10-12 mins

Aerobic 'main' component or 'Aerobic Curve'

Guide 130-150ish bpm (possibly 130-145 for build-up and warm-down)

Up tempo and motivating music

Include a gradual build up, then 'maintenance' aerobic work (in the training zone using e.g. modified Borg), then a gradual warm down. Select tracks that will use 32 count and/or Verse Chorus choreography. If 32 choreo aim for min 3 blocks of 32. VC will be track dependent.

Total of approx 18+ mins

- Gradually build intensity and complexity of routines
- In maintenance section avoid staying on the spot
- Use travelling moves – forward/back, side to side, zig-zags, diagonals, squares
- Mix high and low impact moves and offer options
- Avoid lots of continuous reps of high impact moves (limit to max 16)
- Turn the class and move so that you can teach from the rear of the room

Body Conditioning

Suggest using Verse Chorus approach as part of the warm down part of the aerobic curve

M.S.E. – total approx 10+ mins

Guide 110-130bpm with a strong beat

- Plan abs, back and press ups as a minimum
- Aerobics is largely lower body and so include upper body exercises to balance this.
- Demo safe lifting technique (even for mats) and monitor students for same

Maintenance and Developmental Stretch + Relaxation – total approx 6+ mins

Slow relaxing music

- Consider which muscles to developmentally stretch and which to maintain
- Can combine relaxation with stretching

Re-warm/revitalise for approx 1 minute