

# Postgraduate Certificate Fitness Instructor in Group Classes

Endorsed by the NBA





## Postgraduate Certificate Fitness Instructor in Group Classes

- » Modality: online
- » Duration: 6 weeks
- » Certificate: TECH Technological University
- » Dedication: 16h/week
- » Schedule: at your own pace
- » Exams: online

Website: [www.techtitute.com/us/sports-science/postgraduate-certificate/fitness-instructor-group-classes](http://www.techtitute.com/us/sports-science/postgraduate-certificate/fitness-instructor-group-classes)

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# 01

# Introduction

Aware of the physical and psychological benefits of sports activities, gyms have chosen to offer an increasingly wide range of different activities, including group activities. Under this premise, TECH has designed this academic option that aims to enable Fitness Instructors to successfully manage group classes, taking into consideration each and every one of the aspects that govern this type of activity.



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*Learn how to successfully manage group classes and turn your career around in a positive way”*

There is abundant scientific evidence supporting the benefits of regular physical activity for individuals in general and for psychophysical health in particular.

Specifically, sport achieves an increase in the self-esteem and behavior of each individual due to the reduction of tensions and anxieties that arise in the subject who systematically practices pleasurable physical activities. There is also evidence of a decrease in depression-inducing states, and it has been reported that this is due to distancing oneself from certain problems, clearing the mind with other types of thoughts and sometimes easily providing possible solutions.

For all of the above, and the addition of the endless list of proven advantages that physical activity represents for the benefit of the psychophysical health of those who engage in an exercise program, a wide range of physical activities within gyms is argued and consolidated.

The significant growth of group physical activity proposals represents sufficient evidence of a strong need/inclination of a majority group of people who choose this type of physical activity proposal.

Based on all of the above, the student of this program will have the possibility to learn about and conceptually go through the methodological and pedagogical profile behind the different group class proposals that can be found in most of the training centers and gyms worldwide.

This **Postgraduate Certificate in Fitness Instructor in Group Classes** contains the most complete and up-to-date program on the market. The most important features include:

- ♦ Practical cases presented by experts in Physical Activity and Sport
- ♦ The graphic, schematic, and practical contents with which they are created, provide scientific and practical information on the disciplines that are essential for professional development
- ♦ Practical exercises where self-assessment can be used to improve learning
- ♦ Its special emphasis on innovative methodologies
- ♦ Theoretical lessons, questions to the expert, debate forums on controversial topics, and individual reflection assignments
- ♦ Content that is accessible from any fixed or portable device with an Internet connection



*Become a positive turning point in people's health, motivating their physical change as a Fitness Instructor of group classes"*

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*The tools, knowledge and skills you will acquire will enable you to excel in a sector that increasingly requires more and more specialized monitors”*

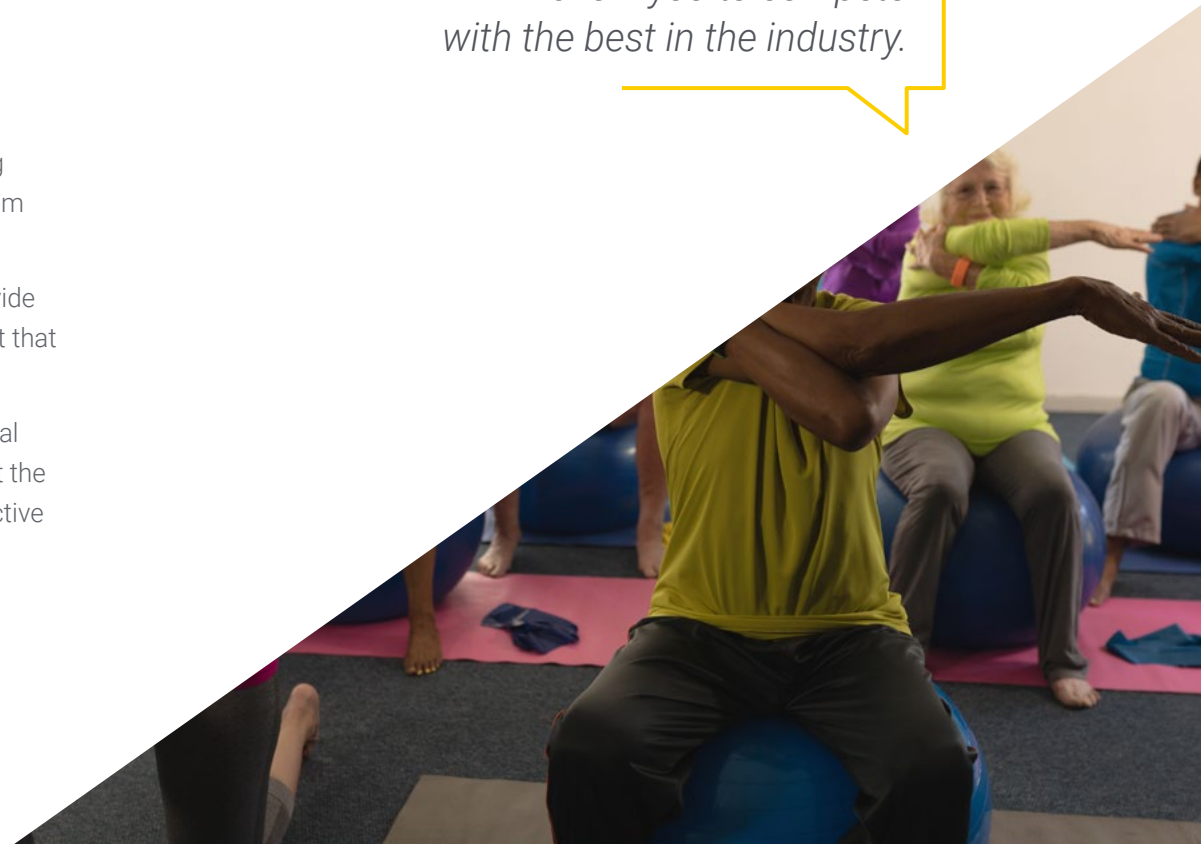
The program includes, in its teaching staff, professionals from the sector who bring their work experience to this refresher program, as well as renowned specialists from reference societies and prestigious universities.

The multimedia content, developed with the latest educational technology, will provide the professional with situated and contextual learning, i.e., a simulated environment that will provide immersive training programmed to train in real situations.

This program is designed around Problem-Based Learning, whereby the professional must try to solve the different professional practice situations that arise throughout the program. For this purpose, the professional will be assisted by an innovative interactive video system created by renowned and experienced experts.

*Turn your professional career around by taking this program.*

*You are facing a great academic opportunity that will allow you to compete with the best in the industry.*



# 02 Objectives

The Postgraduate Certificate in Fitness Instructor in Group Classes at TECH was created with the fundamental objective of promoting the acquisition of specific skills in the student, which will become the basis on which they will support their daily practice. To this end, a program of the highest level has been established based on the latest developments in the sector and created with the utmost scientific rigor. These contents will be taught by a team of top professionals, who will provide the student with valuable tools to work as a Fitness Instructor with greater guarantees of success. In this way, the professional will be able to revalue their profile and position themselves at the forefront of a booming sector.







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*Make a career in the world of sports and begin to achieve your professional goals by taking this complete academic program"*



## General Objectives

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- ♦ Acquire knowledge based on the most current scientific evidence with full applicability in the practical field
- ♦ Master all the most advanced methods of sports performance evaluation
- ♦ Master and apply with certainty the most current training methods to improve sports performance and quality of life, as well as to improve the most common pathologies
- ♦ Master the principles governing exercise physiology, as well as biochemistry
- ♦ Successfully integrate all the knowledge acquired in the different modules in real practice





## Specific Objectives

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- ◆ Have an in-depth knowledge of different types of group classes and their applicability to the field of practice
- ◆ Select those group classes most appropriate to the needs and desires of heterogeneous populations
- ◆ Manage correctly and with solid arguments those pedagogical-methodological strategies that characterize the profile of the different group classes proposed
- ◆ Know and apply different types of strategies that provide a safe environment for handling the external load that characterizes the modality of each type of group class proposed



*Your goals and TECH's goals come together and materialize in this academic program with excellent curricular"*

03

# Course Management

One of the aspects that make this program unique from others in the sector is the teaching staff. Thus, the professional who decides to take this program with TECH will learn with a faculty of excellence with years of experience in the sector and with the greatest desire to graduate the best in this field. For this reason, this team has also designed the contents of the program, ensuring the student a complete learning experience, based on the highest scientific rigor and the latest developments in the sector.



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*Learn from the best in the industry  
and start to see your career take  
flight towards excellence"*

## Management



### Mr. Rubina, Dardo

- ◆ CEO of Test and Training
- ◆ EDM Physical Training Coordinator
- ◆ Physical trainer of the EDM First Team
- ◆ Master's Degree in High Performance in Sports(ARD) COE
- ◆ EXOS Certification
- ◆ Specialist in Strength Training for the Prevention of Injuries, Functional and Physical-Sports Rehabilitation
- ◆ Specialist in Strength Training Applied to Physical and Sports Performance
- ◆ Certification in Weight Management and Physical Performance Technologies
- ◆ Postgraduate course in Physical Activity in Populations with Pathologies
- ◆ Diploma in Advanced Studies (DEA) University of Castilla la Mancha
- ◆ PhD in High Performance Sports(ARD)



## Professors

### Ms. Riccio, Anabella

- Functional training teacher in District B
- Degree in Physical Education
- Specialist in Exercise Programming and Assessment
- Course in biochemistry for exercise programming

# 04

## Structure and Content

The structure and contents of this Postgraduate Certificate in Fitness Instructor in Group Classes have been conceived, designed and created by a group of professionals of reference in the physical activity sector. This team, aware of the relevance and timeliness of education in this field, has made a major effort to generate the most complete and up-to-date syllabus on the market. A compendium of contents that is complemented by the work of other experts, who provide the syllabus with a highly didactic multimedia format that provides the student with an immersive, complete and contextual learning experience.







“

*The content of this program  
will help you become a true  
expert in the field"*

## Module 1. Group Classes

- 1.1. Principles of Training
  - 1.1.1. Functional Unit
  - 1.1.2. Multilaterality
  - 1.1.3. Specificity
  - 1.1.4. Overload
  - 1.1.5. Continuity
  - 1.1.6. Progression
  - 1.1.7. Recuperation
  - 1.1.8. Individuality
- 1.2. Controlling the Load
  - 1.2.1. Internal Load
  - 1.2.2. External Load
- 1.3. Stretching
  - 1.3.1. Stretching
  - 1.3.2. Objectives of Stretching
  - 1.3.3. Pedagogical Organization of the Stretching Class
- 1.4. GAL (Glutes, Abdominals and Legs)
  - 1.4.1. Objectives of a GAL Class
  - 1.4.2. Pedagogical Organization of the GAL Class
  - 1.4.3. External Load in the GAL Class
- 1.5. Floor Pilates
  - 1.5.1. Features of the Pilates Mat
  - 1.5.2. Pilates Mat Exercises and Movement Suggestions
  - 1.5.3. Training Load in a Pilates Mat Class
- 1.6. Rhythms
  - 1.6.1. Types of Classes
  - 1.6.2. Features of Rhythm Classes
  - 1.6.3. Pedagogical Proposals for the Development of a Rhythm Class
- 1.7. Non-Conventional Classes
  - 1.7.1. Characteristics of Non-Conventional Training
  - 1.7.2. Exercise Proposals
  - 1.7.3. Pedagogical Organization of a Non-Conventional Training Class
- 1.8. Functional Training
  - 1.8.1. Functional Training
  - 1.8.2. Pedagogical Organization of the Functional Training Class
  - 1.8.3. Use of Internal Load
- 1.9. Aerobic
  - 1.9.1. Type of Aerobic Fitness Classes
  - 1.9.2. Pedagogical Structure of the Class
- 1.10. Indoor Cycling
  - 1.10.1. Birth of the Specialty in Gyms
  - 1.10.2. Indoor Cycling in Health
  - 1.10.3. Structure of the Indoor Cycling Class
- 1.11. Classes for Older Adults
  - 1.11.1. Profile of the Older Adults Group
  - 1.11.2. Benefits of Physical Activity in Older Adults
  - 1.11.3. Structure of a Group Class with Older Adults
- 1.12. Classes for Older Adults
  - 1.12.1. History of Yoga
  - 1.12.2. Yoga and Health



*Welcome to the academic program  
that will lay the foundation for your  
professional growth"*



# 05 Methodology

This academic program offers students a different way of learning. Our methodology uses a cyclical learning approach: **Relearning**.

This teaching system is used, for example, in the most prestigious medical schools in the world, and major publications such as the **New England Journal of Medicine** have considered it to be one of the most effective.





“

*Discover Relearning, a system that abandons conventional linear learning, to take you through cyclical teaching systems: a way of learning that has proven to be extremely effective, especially in subjects that require memorization"*

### Case Study to contextualize all content

Our program offers a revolutionary approach to developing skills and knowledge. Our goal is to strengthen skills in a changing, competitive, and highly demanding environment.

“

*At TECH, you will experience a learning methodology that is shaking the foundations of traditional universities around the world"*



*You will have access to a learning system based on repetition, with natural and progressive teaching throughout the entire syllabus.*



*The student will learn to solve complex situations in real business environments through collaborative activities and real cases.*

### A learning method that is different and innovative

This TECH program is an intensive educational program, created from scratch, which presents the most demanding challenges and decisions in this field, both nationally and internationally. This methodology promotes personal and professional growth, representing a significant step towards success. The case method, a technique that lays the foundation for this content, ensures that the most current economic, social and professional reality is taken into account.

**“** *Our program prepares you to face new challenges in uncertain environments and achieve success in your career”*

The case method is the most widely used learning system in the best faculties in the world. The case method was developed in 1912 so that law students would not only learn the law based on theoretical content. It consisted of presenting students with real-life, complex situations for them to make informed decisions and value judgments on how to resolve them. In 1924, Harvard adopted it as a standard teaching method.

What should a professional do in a given situation? This is the question we face in the case method, an action-oriented learning method. Throughout the program, the studies will be presented with multiple real cases. They will have to combine all their knowledge and research, and argue and defend their ideas and decisions.

## Relearning Methodology

TECH effectively combines the Case Study methodology with a 100% online learning system based on repetition, which combines 8 different teaching elements in each lesson.

We enhance the Case Study with the best 100% online teaching method: Relearning.

*In 2019, we obtained the best learning results of all online universities in the world.*

At TECH, you will learn using a cutting-edge methodology designed to train the executives of the future. This method, at the forefront of international teaching, is called Relearning.

Our university is the only one in the world authorized to employ this successful method. In 2019, we managed to improve our students' overall satisfaction levels (teaching quality, quality of materials, course structure, objectives...) based on the best online university indicators.





In our program, learning is not a linear process, but rather a spiral (learn, unlearn, forget, and re-learn). Therefore, we combine each of these elements concentrically.

With this methodology, we have trained more than 650,000 university graduates with unprecedented success in fields as diverse as biochemistry, genetics, surgery, international law, management skills, sports science, philosophy, law, engineering, journalism, history, markets, and financial instruments. All this in a highly demanding environment, where the students have a strong socio-economic profile and an average age of 43.5 years.

*Relearning will allow you to learn with less effort and better performance, involving you more in your training, developing a critical mindset, defending arguments, and contrasting opinions: a direct equation for success.*

From the latest scientific evidence in the field of neuroscience, not only do we know how to organize information, ideas, images and memories, but we know that the place and context where we have learned something is fundamental for us to be able to remember it and store it in the hippocampus, to retain it in our long-term memory.

In this way, and in what is called neurocognitive context-dependent e-learning, the different elements in our program are connected to the context where the individual carries out their professional activity.



This program offers the best educational material, prepared with professionals in mind:



#### Study Material

All teaching material is produced by the specialists who teach the course, specifically for the course, so that the teaching content is highly specific and precise.

These contents are then applied to the audiovisual format, to create the TECH online working method. All this, with the latest techniques that offer high quality pieces in each and every one of the materials that are made available to the student.



#### Classes

There is scientific evidence suggesting that observing third-party experts can be useful.

Learning from an Expert strengthens knowledge and memory, and generates confidence in future difficult decisions.



#### Practising Skills and Abilities

They will carry out activities to develop specific competencies and skills in each thematic area. Exercises and activities to acquire and develop the skills and abilities that a specialist needs to develop in the context of the globalization that we are experiencing.



#### Additional Reading

Recent articles, consensus documents and international guidelines, among others. In TECH's virtual library, students will have access to everything they need to complete their course.





#### Case Studies

Students will complete a selection of the best case studies chosen specifically for this situation. Cases that are presented, analyzed, and supervised by the best specialists in the world.



#### Interactive Summaries

The TECH team presents the contents attractively and dynamically in multimedia lessons that include audio, videos, images, diagrams, and concept maps in order to reinforce knowledge.

This exclusive educational system for presenting multimedia content was awarded by Microsoft as a "European Success Story".



#### Testing & Retesting

We periodically evaluate and re-evaluate students' knowledge throughout the program, through assessment and self-assessment activities and exercises, so that they can see how they are achieving their goals.



# 06 Certificate

The Postgraduate Certificate in Fitness Instructor in Physical Exercise in Children and Adolescents and Older Adults guarantees students, in addition to the most rigorous and up-to-date education, access to a Postgraduate Certificate issued by TECH Technological University.





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*Successfully complete this program and receive your university qualification without having to travel or fill out laborious paperwork”*

This **Postgraduate Certificate in Fitness Instructor in Group Classes** contains the most complete and up-to-date program on the market.

After the student has passed the assessments, they will receive their corresponding **Postgraduate Certificate** issued by **TECH Technological University** via tracked delivery\*.

The diploma issued by **TECH Technological University** will reflect the qualification obtained in the **Postgraduate Certificate**, and meets the requirements commonly demanded by labor exchanges, competitive examinations and professional career evaluation committees.

Title: **Postgraduate Certificate in Fitness Instructor in Group Classes**

Official N° of Hours: **150 h.**

Endorsed by the NBA



\*Apostille Convention. In the event that the student wishes to have their paper diploma issued with an apostille, TECH EDUCATION will make the necessary arrangements to obtain it, at an additional cost..

future  
health confidence people  
education information tutors  
guarantee accreditation teaching  
institutions technology learning  
community commitment  
personalized service innovation  
knowledge present  
development language  
virtual classroom



## Postgraduate Certificate Fitness Instructor in Group Classes

- › Modality: online
- › Duration: 6 weeks
- › Certificate: TECH Technological University
- › Dedication: 16h/week
- › Schedule: at your own pace
- › Exams: online

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