

## **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 20-25 mins**

- Gradually build intensity and complexity of routines
- In maintenance section avoid staying on the spot for too long
- 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**

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 Stretching + Relaxation – total approx 10 mins**

**Slow relaxing music**

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

**Re-warm/revitalise and end the class - approx 2-3 minutes**