



# Youth Fitness Leader Performance Standards



# Nova Scotia Fitness Association Youth Fitness Performance Standards

## Leadership Skills (15%)

### Performance Standard

The Youth Fitness Leader (YFL) will conduct a safe and effective class using a variety of leadership styles.

### Competencies

- i) Demonstrate the ability to create a supportive, positive environment.
- ii) Explain the purpose of a given exercise and offer alternatives.
- iii) Demonstrate and show awareness of participant's feedback during a fitness class by acknowledging individual differences.
- iv) Identify and demonstrate effective leadership qualities such as being a positive role model.
- v) Identify the potential challenges that leaders may experience in an exercise class and describe strategies for accommodating these situations.

## Communication Skills (10%)

### Performance standard

The YFL will recognize and demonstrate a variety of effective communication techniques.

### Competencies

- i) Demonstrate effective use of visual and verbal cues.



- ii) Demonstrate effective feedback techniques.

## Exercise Analysis and Risk Management (10%)

### Performance Standard

The YFL will demonstrate an understanding of methods that ensure safe and effective exercise execution.

### Competencies

- i) For a given exercise, analyze its intended and actual purpose, potential risks to joint structure, and modifications or alternative exercises.
- ii) Demonstrate an understanding of appropriate emergency procedures and protocols.
- iii) Describe a leader's professional limitations regarding physical activity participation for participants who are not apparently healthy.
- iv) Demonstrate the principle of exercise progression for a given muscle group.
- v) Describe and demonstrate correct body alignment.

## Program Planning (10%)

### Performance Standard

The YFL will design an effective program using established methods and training principles.

### Competencies

- i) Describe pre-screening strategies for safe program delivery and participation in physical activity (e.g. PAR-Q, informed consent).



- ii) Describe ways to assess the effectiveness of a group exercise program.
- iii) Demonstrate an understanding of effective design and delivery for group exercise programming.

## Class Organization/Design Skills (25%)

### Performance Standard

The YFL will design and conduct a safe and effective group exercise class using a variety of class formats.

### Competencies

- i) List the advantages and disadvantages of introducing different class formations.
- ii) Prepare an effective lesson plan.
- iii) Demonstrate the following: continuity of movements, smooth transitions between movements and body positions, progressions, and compatibility with participants' abilities.
- iv) Describe natural body alignment.
- v) Demonstrate and describe the components of an exercise class.
- vi) Describe the common methods used to monitor exercise intensity for each fitness component. Discuss the relevance of using these methods.
- vii) Describe and demonstrate various choreography techniques.

## Use of Music (15%)

### Performance Standard

The YFL will discuss reasons for using music in a fitness class, and demonstrate an understanding of music tempo and how it relates to safe and effective movement.

### Competencies

- i) State or list reasons for using music in a class.



- ii) Describe the purpose of identifying music tempo when preparing a lesson plan.
- iii) Identify the music beats per minute that are safe and appropriate for each component of class.
- iv) Identify risks associated with music volume, how music influences speed of movement, and participants range of motion to the pace of music, and risk of voice injury and hearing loss from loud music.
- v) Know the music copyright laws with respect to reproduction and playing music in a fitness class.
- vi) Identify rhythm, musical phrasing, tempo, melody, and mood of music. Describe how it can be applied in a fitness class.

## Monitoring Individual Progress (10%)

### Performance Standard

The YFL will describe the various methods for monitoring intensity as they apply to the components of a fitness class.

### Competencies

- i) Describe methods for monitoring exercise intensity.
- ii) Describe self-assessment techniques that can help participants monitor changes in fitness status.

## Ongoing Professional Development (5%)

### Performance Standard

The YFL will demonstrate an understanding of how to pursue continuing education related to fitness leadership.

### Competencies

- i) Identify fitness or related organizations; research what continuing education opportunities they currently offer.
- ii) Demonstrate awareness of the YFL scope of practice and what other certifications may be required to continue leading fitness classes to a variety of participants.