

Design Document

<i>Business Purpose</i>	<p>Good Habits Studio is a place where we'd like all our members to develop habits that will increase their quality of life.</p> <p>Lately, we've found new members who need a stretching routine to help combat muscle stiffness or even joint pain before they start with their initial fitness program.</p> <p>We know that our fitness coaches do a superb job of helping our members build strength and endurance, but we have also seen the gap in focus of pre-workout stretching techniques. This has led to a percentage of new members having quick burnout and injury.</p> <p>This course will help our coaches feel confident in encouraging new members to enroll in an introductory stretching class by giving reasons to stretch and by performing the appropriate types of stretches that could be helpful to a new members overall workout success.</p>
<i>Target Audience</i>	Fitness coaches who sign up new members.
<i>Training Time</i>	30 minutes
<i>Training Recommendation</i>	<ul style="list-style-type: none">• The course can be done in 1 e-learning course by our coaches on their own time.• This course covers basic, conceptual- and knowledge-based skills about stretching for our coaches.
<i>Deliverables</i>	<ul style="list-style-type: none">• 1 e-learning course in articulate Rise 360
<i>Learning Objectives</i>	<ul style="list-style-type: none">• Select the reasons why stretching is beneficial to have as a part of your daily routine.• Differentiate between static and dynamic stretching.• Identify a basic static stretch for a big muscle group.
<i>Training Outline</i>	<ul style="list-style-type: none">• Course Introduction• Introduction<ul style="list-style-type: none">○ Welcome○ Scenario with a fitness coach asking new members questions about their stretching habit.○ Course objectives• Benefits of stretching<ul style="list-style-type: none">○ Mobility and independence○ Flexible, strong, and healthy muscles○ Prevent injury• Types of stretches<ul style="list-style-type: none">○ Static○ Dynamic• Static stretch techniques<ul style="list-style-type: none">○ Specific muscle stretching techniques for muscle groups

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	<ul style="list-style-type: none">• Quiz• Summary<ul style="list-style-type: none">○ Recap Objectives○ Congratulations
<i>Assessment Plan</i>	<ul style="list-style-type: none">• Quiz<ul style="list-style-type: none">○ 5 Questions○ 80% to pass