

# **PAK101 - SAFE STEP INSTRUCTOR BEHAVIORAL OBJECTIVES**

The training objectives are divided into five divisions, and at the end of this training, the instructor will be able to demonstrate an understanding of the basic-principles that follow:

## **DIVISION1: INTRODUCTION**

- define step
- discuss the history of step training
- discuss general benefits of step training

### ***Getting Started***

- discuss the importance of practical experience
- discuss the importance of health screening
- describe how to select a step, features of a safe step, & product liability
- describe how floor mats might be used with the step
- describe the reasons that hand weights while aerobic stepping is contraindicated
- discuss ways that handweights can be incorporated into step session
- discuss incorporating resistive bands into a step session
- list the recommended tempo and features of step music
- explain the regulations regarding playing music and copying music
- explain the importance of liability insurance
- discuss professional instructor attire
- describe proper classroom set-up and floor surface for step
- list 6 ways that the step can be used in an exercise session other than aerobics
- discuss general leadership skills including demonstrating proper technique

## **DIVISION 2: STEP & AEROBIC EXERCISE**

- define aerobic exercise and why step is aerobic
- explain misconceptions regarding the repeated use of arms above the shoulder
- list the 3 major training principles important in step training and discuss their recommendations applied to step
- define and discuss the practical application of the following terminology: heart rate, pulse rate, pulse rate sites and monitoring, estimated maximum heart rate, actual maximum heart rate, resting heart rate, recovery heart rate, training heart rate
- determine training zone using the Karvonen formula
- explain the following methods of monitoring intensity: perceived exertion, breathing
- discuss the difference between impact and intensity
- explain the general recommended step class structure

## **DIVISION 3: STEP CLASS STRUCTURE**

- explain each section of a step class
- discuss specificity related to a step class warm-up and cool-down
- explain the following types of step class: muscle step, step-n-stretch, supine conditioning, interval training, step-n-slide

## **DIVISION 4: AVOIDING INJURY**

- discuss general principles regarding reducing risk of injury
- explain considerations regarding three special populations
- list the 7 guidelines related to step and pregnant women
- list the 4 major bones of the leg, the 2 major joints of the knee, the 5 ligaments in the knee, and the 2 types of cartilage and their locations
- explain the action of the patella during flexion and extension of the knee
- define chondromalacia patella and explain two major recommendations to avoid it
- list 12 risky step movements
- explain cross-training and its application to step exercise
- list the 4 major anterior thigh muscles, the 3 major hip flexors, the 2 major calf muscles, the 2 primary lower back muscles, the 6 external rotators of the hip

## **DIVISION 4: AVOIDING INJURY**

- discuss general principles regarding reducing risk of injury
- explain and demonstrate proper basic step technique
- explain muscle balance related to specific muscles in step exercise
- list the 4 major muscles to focus additional stretching and demonstrate a stretching exercise for each
- list the 4 major muscles that need additional strengthening and demonstrate a strengthening exercise for each
- list 4 ways to avoid calf injury
- describe the location of the iliotibial band and discuss iliotibial band syndrome and ways to avoid it
- discuss the special risks to females in step training and how to avoid injury
- list 4 recommendations regarding jumping on the step
- define plyometrics and its relevance to exercise and step
- explain the importance of alternating lead leg and repeaters
- explain the location of the sacro-iliac joint and the relevance to proper alignment and specific risky exercises
- list 3 guidelines for arm movements with step
- list 8 symptoms of overexertion

## **DIVISION 5: CHOREOGRAPHY & PRACTICAL ACTIVITY**

- perform a step warm-up
- perform a continuation of warm up preparation for stepping using non-step touch and tap combination
- perform pre-activity stretches to prepare to aerobic step
- explain cardiovascular warm-up stepping movements
- perform basic steps, v-step, inverted v-step
- perform at least 5 transition movements
- perform at least 5 high energy travel steps
- perform at least 3 safe jumps or hops
- perform a cardio-cool down and relevant static stretches
- perform relevant muscular conditioning exercises