

# **PAK103 – MASTER FITNESS CHOREOGRAPHER**

## **BEHAVIORAL OBJECTIVES**

The training objectives are divided into four sections: basic theory, basic movements, notating, and general guidelines. At the end of this training, the instructor will be able to demonstrate the basic-principles that follow:

### **SECTION1: BASIC THEORY**

- define choreography
- explain the purpose of fitness choreography
- discuss basic music theory: melody, harmony, and rhythm
- define the accented beat, headbeat, and measure
- recognize the count of simple meters
- define syncopation, tempo, and BPM
- explain when half-time speed of music is used
- select music that creates a desired theme or mood
- use the choreography formula, choreography sentence, and interludes to create routines
- define the upbeat and downbeat
- explain the different types of fitness choreography and the advantages and disadvantages of each

### **SECTION 2: BASIC MOVEMENTS**

- select a style(s) that best suits clients
- perform 12 basic movements that can be performed on a 1-2 count
- perform 3 basic moves that can be performed on the “&” count
- meet fitness objectives using a basic muscle group formula
- perform common filler steps and directional fillers
- explain the importance of creating choreography that is designed with muscle balance
- list at least 3 rules to safely transition between movements
- combine the basic movements
- discuss the importance of appropriate music volume and proper cuing
- create complex patterns
- define the linking method

### **SECTION 3: NOTATION**

- discuss the importance and benefits of writing choreography and naming steps
- list 9 common choreography notation abbreviations
- write choreography notes

## **SECTION 4: GENERAL GUIDELINES**

Perform the following processes:

- think
- select
- create
- evaluate
- experiment try-out
- regroup if necessary