

10 Steps to An Effective Online Group Exercise Class

Bring Your Community Online

Course Overview

In order to stand out in the vast sea of group exercise classes in the market, bringing in your own signature touch to your sessions is very important. In today's digital era, a new trend for online group exercise classes is becoming more and more evident and in demand. In order to do that whilst being relevant to the current industry demand, it is important to have a basic understanding of class formats available in the market and how to best match class participants' capabilities with the goal of the class itself. This short course breaks down the 10 steps to an effective online group exercise class to help you expand your fitness career in the growing digital group exercise market.

Course Highlights

- Setting Up Your Online Platform
- Selecting the right music
- Cueing to Educate, Enforce and Empower

Course Objectives

- Understand the key differences between online and offline group exercise classes.
- Step by step approach in leading an effective online group exercise class.
- Learn how to get people onto your platform and retain them.

Who Will This Benefit?

- Fitness Professionals
- Strength and Conditioning Professionals

Pre-requisite

This is a continuing education course for existing fitness professionals. Experience in personal training and knowledge of exercise science, client assessment and programming is recommended to ensure learning objectives are achieved.

Course EduTrainer

Mohd. Hazli Ali Zapar, ACE CPT

FEA Fitness Edutrainee, Managing Director FITM Borneo, Ignite X Asia Programme Developer

Course Provider

Fitness Edutraining Asia (FEA)

CEC Points

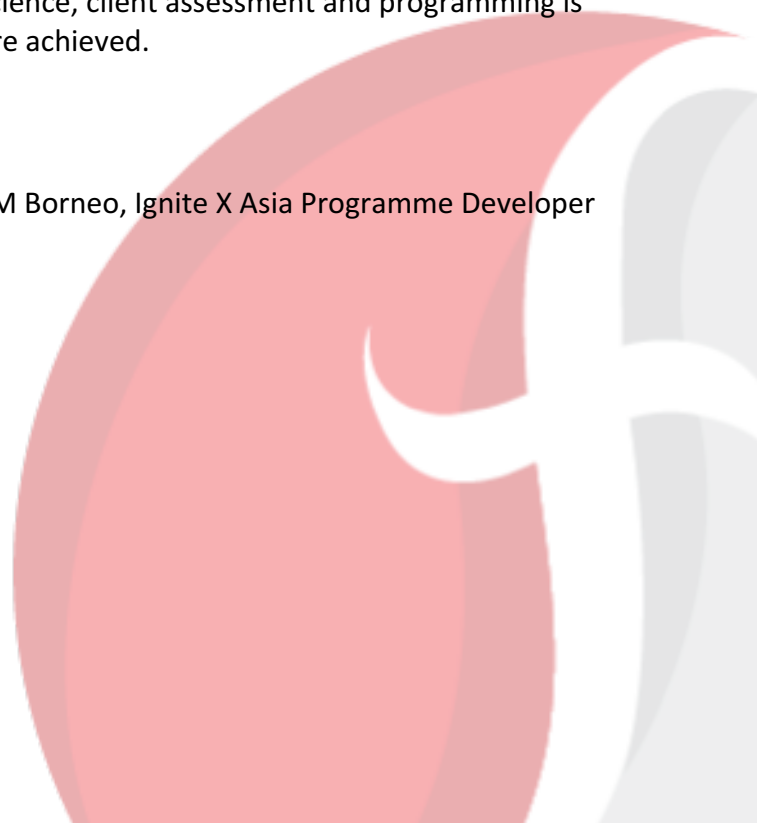
N/A

Course Duration

90 minutes

Learning Materials

Fitness Edutraining Asia (FEA)



Electronic Materials

Awards

Upon full attendance and completion of this workshop/course, you will be awarded a Certificate of Workshop/Course Completion

Grading Criteria

Completion of course participation and assignment(s)

Recertification

N/A

Exam Fee

N/A

Dress Code

Fitness Attire

What Do I Need to Bring?

Laptop

Course Capacity

Unlimited

Language

Information displayed above is correct during time of publishing and may subject to change without prior notice

