



BCRPA Group Fitness Example Eight Hour Resume and Lesson Plan

Form B-1

APPLICANT'S NAME _____

MAILING ADDRESS _____

E-MAIL _____

PHONE NUMBER (Home) _____ (Business) _____

EVALUATION DATE _____ Have you changed your address? Yes () No ()

EXAMPLE GROUP FITNESS EIGHT HOUR RESUME

Practicum classes must not be taught until after completion of the Specialty Module Course. You can complete your practicum at any site of your choice so long as you obtain the permission of the facility and the instructor(s) whose classes you will be working in. Please note that you need to obtain a total of at least 8 hours of practicum teaching.

Date	Agency	Supervisor	Length of Instruction	Type (e.g. stretch and strength)	Class size
May 1/06	Fitness ABC	Sandy Stepper	10 minutes	Step to It (Moderate/High Impact) warm-up only	12
May 3/06	Fitness ABC	Sandy Stepper	10 minutes	Step to It (Moderate/High Impact) First cardio pattern	15
May 5/06	Fitness ABC	Sandy Stepper	40 minutes	Step to It (Moderate/High Impact) 2 nd half class (cardio/flex)	13
May 6/06	Fitness ABC	Susie Fitness	45 minutes	Keep Fit (Moderate/High Impact) w/u and first 2 patterns	14
May 10/06	Fitness ABC	Susie Fitness	60 minutes	Keep Fit (Moderate/High Impact)	15
May 17/06	ABC Fitness	Anne Leader	75 minutes	Keep Fit (Moderate impact & strength)	10
May 19/06	123 Fitness	Jane Exercise	45 minutes	Low Impact (Mild-Moderate/Fatburner)	12
May 23/06	Fitness ABC	Susie Fitness	60 minutes	Ease Into Fitness (Mild/Low Impact)	20
May 28/06	Fitness ABC	Susie Fitness	75 minutes	Cardio Blast and Sculpt (Moderate Cardio and Strength Training)	8
May 31/06	123 Fitness	Jane Exercise	60 minutes	Low Impact (Mild-Moderate/Fatburner)	12

EXAMPLE LESSON PLAN

This form is to help the evaluator while writing up the Instructional Competency Evaluation form. There is no grade attached to the lesson plan. **You are required to hand this completed lesson plan to the evaluator prior to the evaluation.** Please copy this form if additional space is required.

Name of Song	Fitness Component	Exercise Selection	Muscle Group and/or Joints Involved	Special Precautions or Instructions	Time
Technotronic Move This	Warm up	Joint Rotation Mobilization of Limbs	All major muscle groups and joints	Neutral spine Don't snap knees	3:58
Ce Ce Peniston Finally	Warm up	Dynamic Movements	All major muscles	No bouncing Knees aligned with toes	8:30
Madonna Ray of Light	Pre-Cardio	Mobilization Increase HR	Legs and Arms	Control arms, strong movement Knees bent	13:02
Crystal Waters Say...If You Feel All Right	Cardio	Feet to Side	Legs, abductors, arms	Get those heels to the floor Go at your own pace	17:16
Ricky Martin Maria	Cardio	Heels out to Front and Side	Legs and arms	Keep supporting Leg slightly bent	20:05
Stars on 54 If You Could Read My Mind	Cardio	Low Kicks Arm Lifts to Side	Legs, quads, arms & deltoids	Place those feet out front Control leg kick	23:20
Aqua Dr. Jones	Cardio	Knee Lifts	Legs, quads, hip flexors & arms	Left legs, keep back straight	27:10
Keep on Jumpin' Lisa Marie	Cardio	Twist	Legs & arms	Twist from hips Knees over toes	29:33
Love inc. Broken Bones	Cardio	Run & Skip	Legs, hamstrings, quads, arms	Move from heel to toe Pace yourself	31:48
Sheryl Crow A Change	Post Cardio	Side to Side Shuffle & HR	Legs, abs, arms	Breathe evenly, pelvic tilts, smooth movements	35:42
Whitney Houston I'm Every Woman	Muscular Endurance	Crunches Thigh Pulls	Rectus abdominus, external obliques	Elbows back, exhale on exertion	39:52
Van Morrison Brown eyed Girl	Muscular Endurance	Triceps, Reverse	Triceps, lats, deltoids, upper back	Don't lock elbows, go only as far as comfortable	44:06
Aretha Franklin Respect	Muscular Endurance	Leg Lifts Side Push-ups	Abductors, lower pectorals, triceps	Line up shoulders, hips and ankles, toes pointed forward	48:25
George Michael Faith	Muscular Endurance	Push-ups Kneeling Leg Lifts	Pectorals, deltoids, triceps, gluteus maximus	Exhale as you press up, keep shoulders parallel to mat	52:53
Celin Dion Because You Loved Me	Stretch	Stretching	All major muscle groups	Go only as far as is necessary to feel a stretch and hold it	57:22
Sarah McLachlan Angel	Relax	Stretching	All major muscle groups	Don't arch the back Don't pull up on knee	60:44