



FISAF AEROBIC & GROUP EXERCISE INSTRUCTOR CERTIFICATION

DATES:

ZOOM THEORY: Jan 26,27,28,30th, Feb 1 and 4: 8.30pm -10.30pm (12 hour minimum)

LIVE PRACTICAL: Jan 29,31, Feb 2 (9am-1.00pm), Feb3 (2.00pm -5.00pm), (12 hour)

VENUE FOR LIVE PRACTICAL: 50 Gambas Crescent, #10-33 Proximal Gambas

COURSE FEE:

**SS\$1200.00 inclusive of Theory Online Examination, E Certificate and E manual
(Covering anatomy/physiology, teaching methodologies, learning curves, et**

SS\$ 100.00 Live Practical Examination to be paid at time of Practical Examination or Video submission option.

UTAP funding available.

COMPETANCY STATEMENT:

Competency Statement - Upon successful completion of the Aerobics Instructor Course individuals will be

- eligible for registration as a F.I.S.A.F. accredited Fitness Instructor
- able to develop safe and effective exercise classes to music in a variety of formats
- able to competently apply for employment as an aerobics instructor
- able to act professionally as an Aerobics instructor and to promote exercise to all levels of the community
- FISAF students automatically qualify for NREP.

COURSE OUTLINE

Unit title	Learning experience
1. Music	Lecture, drills, group discussion and practical demonstration
2. Technical and instructor skills	Lecture, drills, group discussion and practical demonstration
3. Cueing and communication	Lecture, drills, group discussion and practical demonstration
4. Warm-ups	Lecture, drills, group discussion and practical demonstration

5. Cool-downs	Lecture, drills, group discussion and practical demonstration
6. Aerobics I - Base moves and elements of variation	Lecture, drills, group discussion and practical demonstration
7. Aerobics II - Basic learning curves	Lecture, drills, group discussion and practical demonstration
8. Muscle conditioning Non-equipment based	Lecture, drills, group discussion and practical demonstration
9. Muscle conditioning II - light weights/stretch band	Lecture, drills, group discussion and practical demonstration

Assessment Procedures and Registration:

An International Theory E-test will be held at the end of the course and a grade of 75% is necessary for a PASS.

On successful completion of the theory examination the participant is expected to teach an Aerobics class of approximately 45 minutes to complete the requirements of the Certification.

Each participant must also have a valid CPR certification or be in the process of gaining one.

There will be no refund for participants who dropped out of the course once the course has commenced.

Kinetic Chain reserved the right to cancel the course if there are less than 8 participants.

**FISAF AEROBIC & GROUP EXERCISE
INSTRUCTOR CERTIFICATION
JANUARY 2024**

REGISTRATION

Name : _____

Address : _____ S(_____)

Contact No : (H) _____ (Hp) _____ (Pg) _____

E-mail : _____

Are you a Fitness Instructor?

Yes (Full-time / Part-time): _____

No State occupation : _____

INDEMNITY:

I will not hold FISAF SINGAPORE responsible for any personal loss, damage or injury as a result of my participation in this course.

Signature of Applicant

Date

Please return your form via email to Diane at muscle207@hotmail.com:

Should you have further inquiries, please do not hesitate to contact via WhatsApp, email, text

Diane : H/P +1 310 961 1396

muscle207@hotmail.com

Adeline: H / P 91176929

adelinetojo@gmail.com

