



Guidelines for Fit4Life Sports Instructors

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Guidelines

1. Plan the classes well
2. Execution: according to plan, but flexibly
3. Explain what we are doing and why
4. Efficient and safe exercises
5. Positive and supportive communication
6. Be an instructor all of your work time
7. Do self-evaluations and ask for feedback



1. Plan the classes well



What kind of structure should an exercise class have? How do I choose exercises and how will I teach them?

1.1. Exercise plan

Exercise plan, Autumn 2017														
Themes	August		September			October			November			December		
	1	2	3	4	5	6	7	8	9	10	11	12	13	14
Getting to know each other	X													
Core										X				
Core with a stick		X					X							
Core with a ball			X											X
Lower limb muscles				X									X	
Lower limb muscles with a ball					X				X					
Upper limb muscles with a rubber band						X		X				X		
Stretching											X			



1.2. Planning the classes

- Plan every class in advance
 - Every exercise and movement has a meaning
 - Examples:
 - Running interval: anaerobic condition, heart muscle
 - Stretching hip flexors: flexibility of hip flexors is important for a good posture
- Use Physiotools to get ideas and to plan the classes
- Think about what equipment you can use during the class
- Go through your plans before the class 😊

1.3. Example of a Fit4Life exercise class

First hour:

1. Warm up 10 min
 - Warming up joints by making circles
 - Marching
 - Remember to warm up the muscles you will be using well!
2. Condition training 30 min
 - Marching, different types of steps, running, jumps, knee lifts etc.
3. Balance training 15 min
 - Lifting one leg to the front/side/back...

Second hour:

1. Muscle condition 30 min
 - Theme: Core: different types of stomach, back muscles , core stability exercises
2. Cool-down 10 min
 - Movements with low pulse, marching, shaking arms and legs etc.
3. Stretching 10 min
 - Stretch the used muscles groups (10s)
 - 30 s stretches, if you want the muscle to gain more flexibility
4. Relaxation 5 min
 - Tensing and relaxing muscles
 - Closing your eyes when laying down
 - Breathing exercises

1.4. Exercises that suit the target group

- Many women of our target group have low basic movement skills
- Plan simple exercises that suit the target group
- Focus on teaching the right performance technique
 - Doing the exercises with the right muscles
 - Instructing breathing
 - Good posture
 - Knee alignment
 - Position of feet
- Its important to control basic movements first and after that you can add some challenge
- Finnish language skills might be low → instruct clearly and show



2. Execution: according to plan, but flexibly

- Try to execute the class as planned, but be flexible and change plans if necessary
- Start with simple exercises and movements and teach the correct technique. Once participants control the movements, you can add some challenge to the movement
- Every movement should have a simpler (and more difficult) version, so all participants can exercise according to their own skills
 - For example, the X-jump: easier version: step to the side and back; harder version: X-jump in the air





3. Explain what we are doing and why

- Participants gain understanding why certain exercises are done and what they get as a result of the exercise
- To teach the meaning of different exercises and teach the right technique
- Increase motivation to do the exercises

4. Efficient and safe exercises

- Injury prevention is important!
- Simply, but effective exercises
- Focus on the right performance
 - Core stability during the exercises
 - Good posture
 - Knee alignment
- Exercises that raise body awareness
- Make sure everyone does a warm-up, even those who come late to class
- Cool-down at the end of the class

In the case of a sport injury RICE:

Rest, Ice, Compression,
Elevation



5. Positive and supportive communication

- Call participants only by their own names
- Don't give negative attention to anyone
- Let participants show only good performances of movements to the whole group
 - You can show a bad performance of a movement yourself, but always end the examples with a good performance. This way the right performance stays in mind
- Give the participants feelings of success
 - Praise participants even for minor improvements :” Good/ Better/ It looks better now...”
- Open communication between employees
 - All the employees work as one group
 - You can always ask help from your colleagues, give advice and feedback

6. Be an instructor all of your work time

- Working time is during all group activities, not just the sports sessions
- Behave representatively in all groups activities, for example during discussion don't do your own things or be on your phone → Let's show a good example!
- Weekly schedules show our working time
- Be in time!



7. Do self-evaluations and ask for feedback

- How do you evaluate your exercise classes or the whole season?
- What worked and what didn't? Why did it work/ why didn't it work?
- Ask feedback from participants
- Ask feedback from your colleagues

