





POWER STEP
NAFTA INSTRUCTOR
CERTIFICATION



NAFTA NATIONAL ASSOCIATION OF FITNESS TRAINERS ASSOCIATION

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MODULE 1
INTRODUCTIONS



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INTRODUCTION TO NAFTA

- Established 1996
- Group Exercise and Personal Trainer
- 2000s Expanded Trainings
- 2016-GEI working towards NCCA Accreditation



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RECERTIFICATION REQUIREMENTS

- Certification Requirements
 - 2 Years
 - 15 CEUS
 - 1 Homestudy
 - CPR/AED




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INTRODUCTION TO POWER STEP



- What is Power Step
- History of Step
 - 1980s
 - 1990s
 - 2000s



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WHAT IS POWER STEP



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Gin Miller's Step Reaction

4 Levels
Step Aerobic

RTM
 RT- Basic
 RT- Beginner
 RT- Intermediate
 RT- Advanced

HISTORY

- Gin Miller


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BENEFITS

- Physical Benefits
- Mental Benefits

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MODULE 2
THE SCIENCE



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STEP RESEARCH

- 1993
- 1997

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STEP FACTS

- 58% of facilities offer step classes (IDEA, 2011)
- Step promotes cardiorespiratory fitness, muscle endurance, balance, and coordination
- Aerobic stimulus is more predictable due to the set step heights

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MODULE 3

THE EQUIPMENT



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THE EQUIPMENT


- Steps
- Risers

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MODULE 4

THE GUIDELINES, TECHNIQUE & PATTERNS



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STEP GUIDELINES REVISED 1997

Participant Level	Platform Height	Music Speed
Step 1: Novice Someone who hasn't taken part in a regular exercise class for some time.	4 inches	108-122 bpm
Step 2: Beginner A regular exerciser who has never done step.	Up to 6 inches	124 bpm
Step 3: Intermediate A regular step trainer.	Up to 8 inches	126 bpm
Step 4: Advanced A regular and skilled step trainer.	Up to 10 inches	128 bpm

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TECHNIQUE AND SAFETY

- Check to see that all benches are set up properly
- Avoid hyper extending the knees
- Step in the center of the platform
- Make sure the heel does not hang off the back of the step
- Encourage participants to chose a step height that is appropriate for their fitness level
- Change the lead leg frequently



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STEPPING TECHNIQUE

- Body Alignment
 - Shoulders back, down, and relaxed
 - Body erect with chest lifted
 - Abdominals are engaged to protect the lower back
 - Neutral spine
 - Buttocks gently tucked under the hips
 - A slight leaning forward of the entire body
 - Knees are soft and not locked



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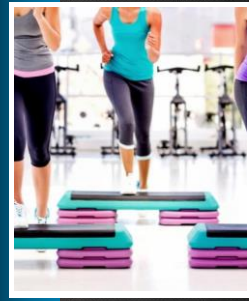
STEPPING UP AND DOWN ON THE PLATFORM



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CORRECT POSTURE



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HEAD & SHOULDERS



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LEAD FOOT



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PROPULSION STEPS



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REPEATERS



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BASIC MOVES



- Basic step
 - V-step
 - Tap up, Tap down
 - Lift step
 - Turn step
 - Over the top
 - Repeater
 - Lunge
 - Straddle up/down
 - Corner to Corner
 - L-Step
 - Charleston
- (Almost all step moves are 4-count moves!)



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ARMS



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WEIGHTS



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TECHNIQUE AND SAFETY REVIEW



- Maintain a neutral spine and neck, with the head up
- Keep all joints facing the same direction
- Keep shoulder down, even, and relaxed
- Use a full body lean when stepping up
- Keep the angle of knee flexion >90°
- Avoid stepping forward off the step
- Step lightly without pounding
- Keep the speed/tempo 128 bpm or less
- Stepping with weights?



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REMEMBER THE ELEMENTS OF VARIATION!

- Lever
- Plane
- Direction
- Rhythm
- Style
- Intensity

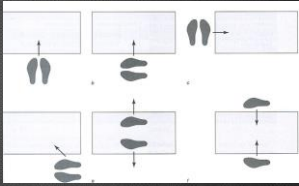
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STEP LOCATIONS

- Front
- Side
- End
- Corner
- Top
- Astride




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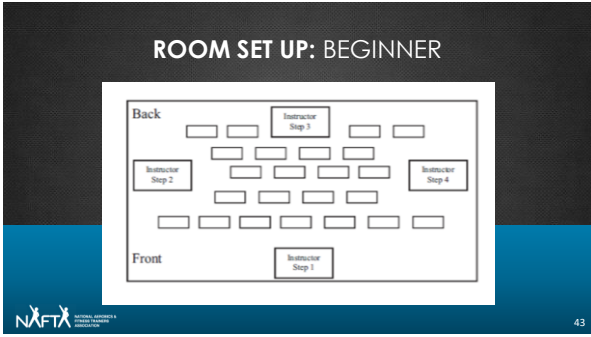
MODULE 5
ROOM SET UP



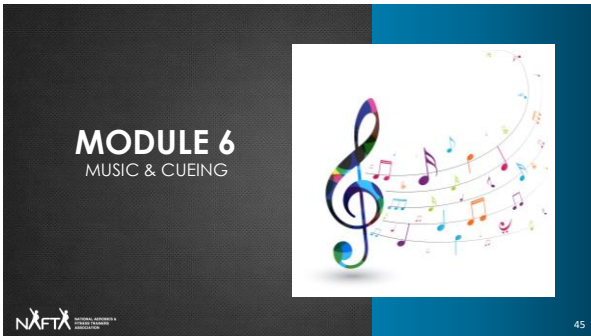
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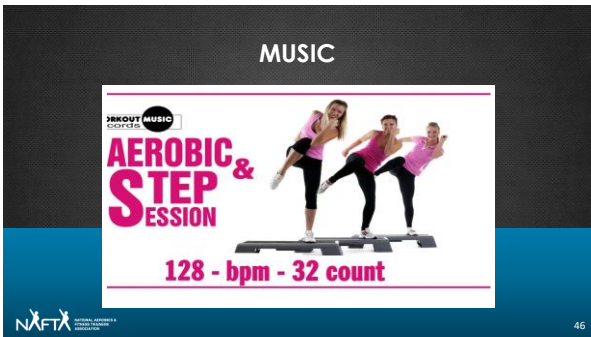
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MUSIC

- Creates a mood
- Assists Students in visualizing or feeling the energy necessary to execute proper stepping technique and intensity
- Motivation for students
- Effective way of setting a pace for stepping
- Considerations when selecting appropriate music style
- Components of Music
- Music Laws
- Licensing
- Resources



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TEMPOS


- Beginner
- Intermediate
- Advanced




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CUEING FOR STEP



- Move:
 - 4 basic steps R; the next move will be 4 basic steps L
- Cue: "4, 3, 2, tap, switch left"
- Counts: 1,2,3,4 1,2,3,4 1,2,3,4 1,2,3,4 (=16)
- Repeat with L lead
- Add on: "4, 3, 2, V-step R"
- Repeat with L lead
- 64 counts total!




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CUEING TOOLS



- Anticipatory
- Visual
- Body Alignment



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MODULE 7
CHOREOGRAPHY




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CHOREOGRAPHY

- General Guidelines
- Learning Types
- Smooth Transitioning



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CHOREOGRAPHY BUILDING TECHNIQUES

Stage 1 Stage 2 Stage 3

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PATTERN TYPES

- Neutral
- Self Reversing
- Transition Movements

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MIRROR VS. ACTUAL TEACHING

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MODULE 8
THE INSTRUCTOR



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THE INSTRUCTOR
SKILLS



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THE MOTIVATOR

- Motivation Defined
- Intrinsic
- Extrinsic
- Different Client Characteristics
- Motivate Different Students
- Characteristics of an Effective Motivator

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THE GREAT COMMUNICATOR

- Active Listener
- Place yourself in the room so that your students can see and hear you.
- Articulate each word.
- Put enthusiasm into what you have to say.
- Don't over talk.
- Understand non-verbal communication.
- Resolve conflict.



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THE OBSERVANT COACH



- Connect
- Commend
- Recommend



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MODULE 9
STEP CLASS STRUCTURE

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THE WARM-UP



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WARM-UP

➤ PURPOSE

➤ GUIDELINE

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KEY POINTS FOR A STEP WARM UP

- Use a music tempo of 118-128 bpm
- Incorporate rehearsal moves specific to step (avoid continuous stepping until the body is thoroughly warm)


Example:

- grapevine on the floor
- tap up tap down on the step
- grapevine on the floor
- tap up tap down on the step

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WARM-UP


- Warm-up includes:
 - Appropriate amount of dynamic movement
 - Rehearsal moves
 - Biomechanically sound stretching (good stretches on the step include those for the calves, hamstrings, hip flexors, and low back)
- Clear cues and verbal directions

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THE ORIENTATION



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THE ORIENTATION

- PURPOSE
- GUIDELINE

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THE CONDITIONING



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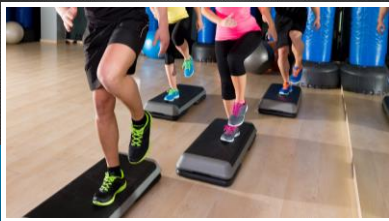
THE CONDITIONING

➤ PURPOSE

➤ GUIDELINE

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THE STEP RECOVERY



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THE STEP RECOVERY



- PURPOSE
- GUIDELINE



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THE STRENGTH





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THE STRENGTH


- PURPOSE
- GUIDELINE



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THE COOL DOWN



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THE COOL DOWN


- PURPOSE
- GUIDELINE

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MODULE 10
SAMPLE CLASS FORMATS



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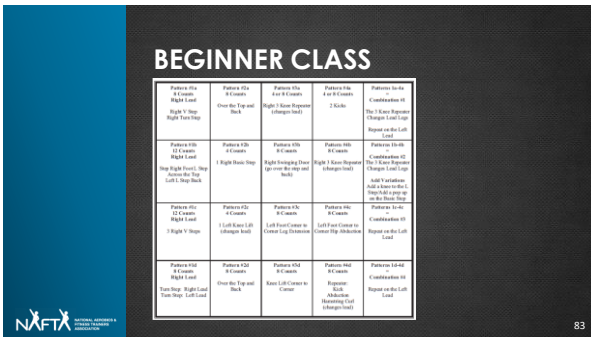
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SAMPLE INTERMEDIATE CLASS




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INTERMEDIATE TO ADVANCED

- Introduction
- Warm Up
- Workout
- Cool Down
- Slow Stretch




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INTERMEDIATE CLASS

Functions: 1. Warm Up 2. Core 3. Cardio 4. Strength 5. Cool Down 6. Stretch	Functions: 1. Warm Up 2. Core 3. Cardio 4. Strength 5. Cool Down 6. Stretch	Functions: 1. Warm Up 2. Core 3. Cardio 4. Strength 5. Cool Down 6. Stretch	Functions: 1. Warm Up 2. Core 3. Cardio 4. Strength 5. Cool Down 6. Stretch	Functions: 1. Warm Up 2. Core 3. Cardio 4. Strength 5. Cool Down 6. Stretch
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