

GROUP FITNESS
INSTRUCTOR
TRAINING COURSE



recsports.ufl.edu/



The Instructor Training Course is a 10-week not-for-credit class during which time students will learn all the necessary information and skills to be a group fitness instructor. Students will be exposed to six different types of class formats: cardio, strength, dance, mind/body, cycle, and outdoor. The training course consists of weekly presentations, master classes & evaluative feedback. Participants will have the opportunity to ask questions and participate in group fitness classes and practice sessions outside of class time. This training course requires a significant time commitment from all participants. No experience is required.

Class Quick Facts

- This course will be offered January 11 through March 24, Tuesdays, and Thursdays from 3:30-5:00 PM.
- This class is NOT for credit; HOWEVER the workload is equivalent to a 3-credit class.
- This course is designed for UF students only

Group Auditions

The process begins with a group audition. To register for Instructor Training Course, you must first attend a Group Audition.

Registration opens October 25, 2021, at 12 AM. Auditions are November 16 at 2:00- 2:45pm, 3:00-3:45pm, and 4:00-4:45 pm @ Southwest Recreation Center in Activity Room 1. Must be present in person to audition.

Note: Those auditioning only need to register for one slot.

Register for a Group Fitness Audition

- › Go to **RSConnect**, log in with your Gatorlink username and password
- › Click on **GROUP FITNESS CLASSES**
- › Click on **GF INSTRUCTOR TRAINING COURSE- GROUP AUDITIONS**
- › Choose a date that works for you and follow the steps to complete registration

Note: Registration for a Group Audition does NOT guarantee that you will secure a spot in the actual Course

About Group Auditions

Workout Component: You will participate in a variety of group fitness formats, led by a group fitness instructor. What we'll be looking for: form, posture, enthusiasm, responsiveness to instructor, adaptability and smiles!

Interview Component: this aspect of the audition will be a group interview. While you are in a group, administrative staff members will ask you interview questions. What we'll be looking for: eye contact, enthusiasm, passion for fitness and wellness, sincerity, creativity.

Remember to wear appropriate fitness attire to your Group Audition, and bring a water bottle. There is no need to bring any formal clothing.

Tips on preparing for the Group Audition

To prepare for the group auditions, we recommend that you attend a variety of group fitness classes regularly. Practice general exercises and be sure that you have the appropriate form. If you are unsure of the proper technique in a specific exercise, ask a fitness employee at one of the RecSports facilities. Interview questions will include a wide range of topics, some of which may include fitness, responsibility, leadership, organizational skills, and future plans.

About the Course

Once you have passed the Group Audition, your spot in the Instructor Training Course is reserved. You will be given instructions to register online via e-mail after the auditions are completed.

The class costs \$100 plus the certification you choose to acquire (more details below.)

During the 10 weeks of the Instructor Training Course, you will be learning from the curriculum of the Aerobics and Fitness Association of America (AFAA) in both a virtual and in-person setting. Students will learn via lecture, practical experience, and mentorship from current instructors. This course will expose students to every aspect of being a Group Fitness Instructor and involves a high degree of practical experience, therefore you can expect to workout often. No experience is required. Read below for the general topics covered.

- Anatomy
- Exercise physiology
- Fundamentals of applied kinesiology Nutrition
- Group fitness class design
- Principles of adherence and motivation
- Exercise and special populations
- Prevention and management of common injuries
- Emergency procedures
- Group fitness business practices
- Legal and professional responsibilities
- All formats of University of Florida Group Fitness: cardio, strength, dance, mind/body, cycle, and outdoor

Note: Instructors interested in teaching yoga are required to obtain a 200 hour RYTT upon hire. This can take place before, during, or after the course but will need to be completed prior to becoming hired and starting work at RecSports. This certification is time-consuming and can cost between \$1,200-\$3,000 so research prior to commitment is encouraged. To find information on offered trainings, visit the Yoga Alliance web page.

Hiring Criteria

Completion of this course does not guarantee that you will pass a certification exam and it does not guarantee employment. For certification information and cost, read below. During the last weeks of the Instructor Training Course, you may audition to teach group fitness classes at the University of Florida.

Final hiring criteria includes the following:

- Your final audition at the end of the course
- Your performance throughout the 10 weeks of the Instructor Training Course
- Includes turning in quizzes, participation, enthusiasm, attendance, leadership, and attitude
- You must acquire a certification which costs between \$200-\$1200, depending on which one you chose.
- More information on cost will be given once a spot has been secured
- You must hold an active certification in CPR/AED

For any further questions please contact:

The Group Fitness Administrative Staff
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