



AFLCA CONTINUING EDUCATION CREDITS - Learning Outcomes Chart

Workshop Title: Understanding Tubing & Weights

Workshop Date: June 17, 2019

Length: 10:00 am – 12:00 pm

Does the workshop include:
 Theory & Practical
 Practical only

Presenter(s): Jane Smith

Learning Objective Categories	Times (content is covered)	Content Description	Learning Outcomes (what the leader will learn)
Anatomy and biomechanics review when using tubing and small weights.	10:00-10:30 a.m.	Overview of movement mechanics for biceps, triceps, rows, etc.	Leader will gain a better understanding of the muscles groups involved and how they function.
Planning for and implementing the components of a portable equipment class with tubing and small weights.	10:30-11:00 a.m.	Explanation of program design, exercise analysis, and benefits of using various pieces of equipment.	How to effectively design a portable equipment class using tubing and small weights. Considerations, safety precautions, alternatives or modifications, music, leadership.
Equipment Exercises and movement combinations / choreography design.	11:00-12:00 p.m.	Practical component of movement combinations and exercises with equipment.	Leader will participate to learn a variety of movement combinations and practical application of information. How the movements can work with music, effective cuing, modifications. How theory is applied in the practical class setting.