



CONTINUING EDUCATION CREDITS – Sample Learning Outcomes Chart

Workshop Title: Understanding Tubing & Weights

Workshop Date: June 17, 2023

Length: 10:00 am – 12:00 pm

Presenter(s): Jane Smith

Theory hours _____

Practical hours _____

Content Description	Learning Outcomes (what the leader will learn)	Times (content is covered)
Overview of movement mechanics for biceps, triceps, rows, etc.	Leader will gain a better understanding of the muscles groups involved and how they function.	10:00-10:30 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.	10:30-11:00 a.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.	11:00-12:00 p.m.