

## Aerobics Instructor Audition

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Audition # \_\_\_\_\_

Reviewer: \_\_\_\_\_

### Introduction

\_\_\_\_\_ Gives name

\_\_\_\_\_ "It's your workout"

\_\_\_\_\_ " If it hurts, don't do it, just keep moving"

\_\_\_\_\_ " Get a drink whenever you need it"

### Pre-Cardio heart rate

\_\_\_\_\_ Was the music turned low or off?

\_\_\_\_\_ Count first beat as zero

### Motion Warm-up

\_\_\_\_\_ No spinal rotation or side flexion before lower back stretch

\_\_\_\_\_ No lateral moves in initial segment

\_\_\_\_\_ Maintained low impact

\_\_\_\_\_ Showed good progression with movement

### Stretch

\_\_\_\_\_ Held stretched statically

\_\_\_\_\_ Held major muscle groups for at least 10 seconds

\_\_\_\_\_ Neck ( side, front, but not back)

\_\_\_\_\_ Stopped center, without swinging side to side

\_\_\_\_\_ Shoulders

\_\_\_\_\_ Low Back \_\_\_\_\_ Gave side view

\_\_\_\_\_ Quads/Balance \_\_\_\_\_ Gave side view

\_\_\_\_\_ What if you can't grab ankle

\_\_\_\_\_ Used proper foot hold

\_\_\_\_\_ Hamstrings

\_\_\_\_\_ Ankles

\_\_\_\_\_ Calves

\_\_\_\_\_ Tibialis Anterior

\_\_\_\_\_ Inner thigh

\_\_\_\_\_ Achilles Tendon

\_\_\_\_\_ Points to where Achilles is (required if does abductor moves)

\_\_\_\_\_ Supported forward flexion

\_\_\_\_\_ Used smooth movement

\_\_\_\_\_ Explains that bend knees should stay over ankle, and not go past the toes.

### Cardiovascular

- \_\_\_\_\_ Started with low intensity, preferably low impact
- \_\_\_\_\_ No high impact, low intensity lateral movements
- \_\_\_\_\_ Showed appropriate progression in movement (legs and arms)
- \_\_\_\_\_ Kept a good flow to the class and movement
- \_\_\_\_\_ Performs transitions well
- \_\_\_\_\_ Cues appropriately
- \_\_\_\_\_ Monitors class; walks thru at least once
- \_\_\_\_\_ Explains knee repeaters
- \_\_\_\_\_ Were beats per minute appropriate

### Cardio-Cautions: Did NOT do any of these....

- \_\_\_\_\_ Side lunges
- \_\_\_\_\_ Goes across the long side of the step
- \_\_\_\_\_ Squats off the step

### Make sure to:

- \_\_\_\_\_ Pivots turning in toward knee, and no more than  $\frac{1}{4}$  turn
- \_\_\_\_\_ Tells participants to “lift” or “add air” on pivot

### Combination notes:

### Halfway heart rate

- \_\_\_\_\_ Music is low or off
- \_\_\_\_\_ Count first beat as zero
- \_\_\_\_\_ College age pop 130-170 b/min
- \_\_\_\_\_ What to do if the HR is either too low or too high

### Final Heart rate

- \_\_\_\_\_ Taken after the last cardio-intensity song
- \_\_\_\_\_ Count first beat as zero
- \_\_\_\_\_ Music is low or off
- \_\_\_\_\_ College age pop. 130-170 b/min

### Cool-Down

- \_\_\_\_\_ Keeps arms shoulder-level or lower
- \_\_\_\_\_ Is at least 3 minutes (if only 3 minutes, then was there a water break?)

### Pre-Floor Heart rate

- \_\_\_\_\_ Taken before head goes parallel/below heart
- \_\_\_\_\_ Count first beat as zero
- \_\_\_\_\_ Music is low or off
- \_\_\_\_\_ Must be below 120b/min

#### Stretch for flexibility

- \_\_\_\_\_ Performed no more than 7 minutes after cool-down
- \_\_\_\_\_ Held stretch for at least 40 seconds (mostly hamstrings)
- \_\_\_\_\_ If doing floor stretches, and head goes below heart, took a pre-floor heart rate

#### Abdominals

- \_\_\_\_\_ Does abs talk standing, facing class
- \_\_\_\_\_ Music off or low during abs talk

#### Does abs talk:

- \_\_\_\_\_ Exhale on contraction, inhale on relaxation
- \_\_\_\_\_ Chin/Eyes on ceiling
- \_\_\_\_\_ Back placement
- \_\_\_\_\_ Elbow placement
- \_\_\_\_\_ Pause for a moment at the top of your contraction
- \_\_\_\_\_ If you're tired....
- \_\_\_\_\_ Walks thru class
- \_\_\_\_\_ Does abs in sets

#### Toning Standing Postural Alignment Cues

- \_\_\_\_\_ Feet shoulder width apart
- \_\_\_\_\_ Knees slightly bent
- \_\_\_\_\_ Abs in
- \_\_\_\_\_ Back neutral
- \_\_\_\_\_ Shoulders down
- \_\_\_\_\_ Head a natural extension of the spine

#### Handweights

- \_\_\_\_\_ Covers how to pick up/put down
- \_\_\_\_\_ Smooth movement
- \_\_\_\_\_ Appropriate beat
- \_\_\_\_\_ Does muscle groups in sets
- \_\_\_\_\_ If you're tired....

#### Floor & Toning

#### Dyna & Regular bands

- \_\_\_\_\_ Shows how not to snap joints
- \_\_\_\_\_ Smooth movement

- \_\_\_\_\_ Appropriate beat
- \_\_\_\_\_ Does muscle groups in sets
- \_\_\_\_\_ Doesn't have an articulating joint between band and the muscle group being worked
- \_\_\_\_\_ If you're tired....

Ending Heart rate

- \_\_\_\_\_ Taken at the end of class
- \_\_\_\_\_ Count first beat as zero
- \_\_\_\_\_ Music is low or off
- \_\_\_\_\_ Must be below 120b/min

**NOTES:**