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 ¼ turn
- Tells participants to “lift” of “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 of 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 120 b/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: