

Unit 4 Study Guide



Lesson 1 - SilverSneakers® Way of Coaching

What are the four steps of the SilverSneakers Coaching Model:

Step	Definition	How to	Example

What is ageism and what are tips for inclusivity?

List a few teaching tips for integrating hearing impaired participants in class:

List a few teaching tips for integrating visually impaired participants in class:

Lesson 2 - Class Leadership Skills

Define the following music terms:

- Musical Beat-
- Down beat –
- Upbeat –
- Phrase-
- 8-count phrase-
- 32-count-
- BPM-

When are basic cues delivered?

There are many types of cues. List, describe and provide examples:

Types of Cues	Description	Example

What are some cuing tips you should ***incorporate*** in your classes?

What are some cuing tips you should ***avoid*** in your classes?

What is the formula for ***exercise selection***?

Concept	Question	Example

Describe:

- Linear progression -
- Block progression -
- Repetition reduction -

Progressions, regressions, and modifications are very important in a SilverSneakers class.

Describe the different types of ***intensity*** variations and provide examples.

Intensity Variations	Description	Example
Resistance		
Range of Motion		
Lever Length		
Balance		

Describe the different types of ***style*** variations and provide examples.

Style Variations	Description	Example

Style		
Asymmetrical		
Rhythm		
Number of Repetitions		
Travel or Direction		

Lesson 3 - Motivation and Risk Management

Motivational leadership for exercise adherence includes teaching with authenticity, presenting information positively and working diligently to build relationships with participants. Instructors are encouraged to use positive language while coaching participants to meet their exercise goal.

List a few ways you could provide class members with the opportunity to experience success and increase self-efficacy:

1.

2.

3.

4.

5.

6.

How can you create an accessible and fun environment?

1.

2.

3.

4.

5.

6.

How might you facilitate relationships?

1.

2.

3.

4.

5.

6.

Classes other than our signature formats should not be listed with the SilverSneakers® trademark logo.

Class format	Schedule Name	Optional Name
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Classic	SilverSneakers®Classic	
Circuit	SilverSneakers® Circuit	
Yoga	SilverSneakers® Yoga	
Stability	SilverSneakers® Stability	
Splash	SilverSneakers® Splash	
MOVE	SilverSneakers BOOM® MOVE	BOOM MOVE
MUSCLE	SilverSneakers BOOM® MUSCLE	BOOM MUSCLE
MIND	SilverSneakers BOOM® MIND	BOOM MIND

Managing safety and risk in the group exercise environment is a primary responsibility of the group exercise instructor. You are encouraged to create and practice and emergency action plan, maintain current CPR certification and engage in continuing education opportunities.

Understand music licensing.

Instructors are encouraged to take responsibility for programming safe and effective exercises in each class they teach. Instructors must refer participants to licensed and credentialed professionals in the areas of injury prescription, medical consultation, nutrition consultation and mental health support.

Privacy Matters

Follow all recommendations for complying with the federal government's 2004 Privacy Act:

1. When a participant begins to discuss personal health issues, escort the student to a private setting if possible, away from the hearing range of others.
2. If you learn that a participant is planning to be absent from class due to a health-related issue (e.g., illness, surgery, hospitalization):
 - a. Ask the participant what, if anything, you can share with others if you are asked about the participant's absence.
 - b. If a participant's absence from class is obvious to others, acknowledge the absence without providing any personal details.
3. When talking about the benefits of exercise or coaching for exercise modifications for persons with certain conditions, speak generally without referring to any specific class member.