

For this assignment, you will design a 45- to 60-minute class, perform it yourself, and analyze the results. The class needs to include warm-up, any necessary skill instruction or skill review, training segment, and a cool-down/stretching component.

### **Step One: Pre-work**

Before you get started, identify the following. (Your pre-work must be included in your submission.)

1. Describe your target audience.
2. What equipment do you plan on using?
3. Identify your teaching strengths/weaknesses.
4. How many people do you feel comfortable handling at one time?
5. What are your core exercises going to be?
6. How can you modify or substitute these exercises to be more or less challenging?

### **Step Two: Design your class**

Use the components you identified above to design your class. Provide a description, including the individual components. Be sure to include warm-up, any necessary skill instruction or skill review, training segment, and a cool-down/stretching component.

Be precise and specific.

### **Step Three: Perform the workout**

Perform the workout yourself, without making any adjustments.

### **Step Four: Analyze**

Analyze your design by answering the following:

1. Provide your own critical analysis of the class including any changes you would make in the future.
2. What training effects is your workout targeting?
3. How would you adjust exercises/reps/sets, etc. to accommodate for the different fitness levels of your class participants?
4. What age and experience groups would this workout be appropriate for?
5. What variations would you include from class to class or week to week?