

FITNESS WARRIORS

Class Syllabus

Effective Dates: July 2015 – January 2016

Instructor: Ricky Martin

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*Please allow 24 hours for a response from me if you email me. I will try my hardest to call you back or email you as promptly as possible. You are more than welcome to call my cell or text if you need to (just tell me who it is if you text).

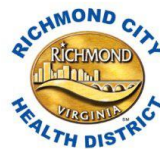
Training Description: To increase physical activity opportunities in communities where residents are most at risk for chronic disease, the Fitness Warriors training will give fitness-minded Richmonders skills in the foundations of group exercise instruction and experience in community leadership. Through the training, Warriors will learn to support safe exercise habits for a range of populations, to design, adapt, and deliver group exercise routines, and to improve and catalyze the health of individuals across the region.

Training Format: The Fitness Warriors training will run from **July 2015-January 2016**. Some Warriors will participate in an additional third phase from January – March 2016, upon invitation. The curriculum is a mix of supportive coaching, hands-on teaching, in-service practice, and community volunteering. Throughout the program, Warriors will take part in three types of trainings:

Warrior Training Days: The full class of Warriors will gather for teaching, trainings, and coaching regularly. These are in-person training days that all Warriors are required to attend. Warrior Training Days will also often include opportunities for Warriors to collaborate with one another, compare notes, and talk about their experiences.

Group Exercise Classes: Each individual Warrior will be leading group exercise classes in the community that they are responsible for organizing. These are classes taught by Warriors with intermittent oversight and assistance from Mentors and Ricky Martin. Warriors should convene and lead these classes at least once/week on average. In the event that a Warrior has to miss their weekly group exercise class, they should secure a sub (either a fellow Warrior or a Mentor) to teach the class in their place.

Community Activities: The full class of Warriors will be invited to attend and assist at Community Activity sessions throughout the training program. Warriors should make an effort to attend at least one Community Activity for their own experience and skill building. These will often be classes in our target communities or events that serve a broad group of Richmonders.



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Phase One July – September 2015

Objective: Build skills in the fundamentals of teaching and leading group exercise. Increase understanding of the importance of safety, strength, flexibility, and endurance. Learn the full exercise routine to be taught in Warriors' community groups and core skills to recruit and build a group in target communities.

Sub Objectives:

- CPR Certification
- Instruction of Warm up
- Main body of the Warrior routine
- Instruction of a cool down
- Learn how to introduce modifications
- Learn how to cue as an instructor
- Convene and organize community groups to meet for weekly exercise with Warriors

Timeline:

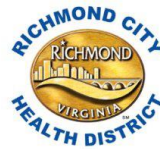
Community Activities

Warriors are invited to begin seeking out opportunities to schedule Community Activities through their networks.

Warrior Training Days

Warriors should be ON TIME to all training days. Water and light refreshment will be provided. Please bring materials for taking notes, a healthy snack, and a towel to each training day. Dress to be active.

- **Saturday July 11th, 2015. 12:30 – 4:30pm.** Downtown YMCA 2 East Franklin Street.
- ***CPR Certification Options:*** CPR Certification is *required of each Warrior*. Each Warrior picks and should register for one of the CPR class options below (cost covered by Sports Backers) OR schedule your own certification class (cost covered by the Warrior). If you are unable to attend one of the class options below, you must schedule your own certification class, which must be approved by the Warriors lead instructor and completed by the end of August.
 - **Sunday July 12th, 2015. 1pm – 4pm.** UPAL Community Training Center 4809 Old Warwick Road.
 - **Saturday July 18th, 2015. 9am – 12pm.** UPAL Community Training Center 4809 Old Warwick Road.
- **Saturday August 1st, 2015. 12:30-4:30pm.** Downtown YMCA 2 East Franklin Street.
- **Sunday August 2nd, 2015. 12:30-4:30pm.** Downtown YMCA 2 East Franklin Street.
- **Saturday August 8th, 2015. 12:30-4:30pm.** Downtown YMCA 2 East Franklin Street.
- **Sunday August 9th, 2015. 12:30-4:30pm.** Downtown YMCA 2 East Franklin Street.



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- **TeachBack Session Options:** Every Warrior must pass a teachback with Rick Martin before they can begin teaching their weekly group exercise classes. Warriors will be doing teachbacks in small groups. Each Warrior will be a part of ONE of the teachback session options below. *Warriors are expected to stay and participate in fellow Warriors' teachbacks, even after you have performed yours.*
 - **Saturday August 22nd, 2015. 9:30am-12:30pm.** Downtown YMCA 2 East Franklin St.
 - **Saturday August 22nd, 2015. 1-4pm.** Downtown YMCA 2 East Franklin St.
 - **Sunday August 23rd, 2015. 1-4pm.** Downtown YMCA 2 East Franklin St.
 - **Saturday August 29th, 2015. 1-4pm.** Downtown YMCA 2 East Franklin St.

Teach Back Evaluation: Warriors must show complete retention of movements for the routine. Students must hit cues for each movement at the appropriate time. Safety tips for each movement must be announced. Modifications for movements must be demonstrated.

Teach Back Scoring	Points
Retention of movements	25 points
Verbal cueing	25 points
Safety tips	25 points
Modification implementation	25 points

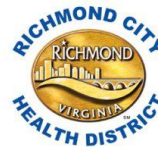
- **Saturday, September 12th, 2015. 12:30-4:30pm.** Crunch 5750 Brook Rd.
- **Saturday, September 19th, 2015. 12:30-4:30pm.** Crunch 5750 Brook Rd.

Group Exercise Classes:

Warriors will be ready to begin teaching their group exercise classes with their community groups as soon as they have passed their teach backs in August. ALL Warriors should have their classes underway by early September, at the latest, and should be meeting weekly, recruiting new participants and building a relationship with their community as a fitness leader. In the event a Warrior needs to miss their weekly group exercise class, they are expected to secure a sub (a fellow Warrior or Mentor) to teach the class in their place.

Phase 1 Note from Ricky Martin:

By the end of Phase One in the curriculum, Warriors will begin establishing themselves as professionals in the community. They will have experience fielding questions from their group participants and will



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have developed a desire to continue learning fitness/health and wellness information. Remember that when answering questions from your group participants that you must stay within the scope of your expertise (do not offer medical or nutritional advice; you may refer participants to the USDA website for nutritional information). It is my hope that at this level of development all the Warriors will have cultivated passions for assisting the community in achieving optimal health. There should be some success stories from your groups and you as an instructor should be feeling a sense of healthy pride in what you have accomplished.

Phase Two October-December 2015

Objective: Increase knowledge base of routines, movements, and fitness education. Grow fitness classes and establish yourself as a leader for health equity in the community.

Sub Objectives:

- Learn new exercise movements and aerobic dance choreography as well as incorporate them into routines with community groups.
- Sustain and grow group exercise classes in the community.
- Study continuing education materials from American Council on Exercise (ACE)
- Pass quizzes based on continuing education materials*

*ACE study material and ACE practice quizzes will be provided throughout Phase 2. You will receive links to the materials and quizzes as they become available and will also be able to access the materials/quizzes on the Warriors Materials Page. Warriors should expect 7 quizzes throughout Phase 2.

Timeline:

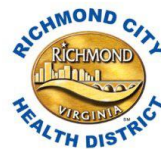
Community Activities:

- Warriors will participate in the 2nd Street Festival October 3rd & 4th. Conducting routines and line dancing, recruiting participants to Warriors' classes. (*Mandatory Community Activity*)
- During Phase Two Warriors are invited to seek out opportunities to schedule Community Activities through their networks.
- Additional events may be announced during the course of training phase. Please attend as your personal schedule allows.

Warrior Training Days:

Warriors should be ON TIME to all training days. Water and light refreshment will be provided. Please bring materials for taking notes, a healthy snack, and a towel to each training day. Dress to be active.

- **Saturday October 3rd, 2015. 12:30pm.** Downtown YMCA 2 East Franklin St. Immediately following the training at the YMCA, Warriors will proceed to the 2 Street Festival for Community Outreach.



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- **Saturday October 17th, 2015 12:30-4:30pm** Crunch (5750 Brook Rd. Richmond, VA 23227)
- **Saturday, November 7th, 2015 12:30-4:30pm** DNA Fitness (1582 Mountain Rd. Glen Allen, VA 23060)
- **Saturday, December 5th, 2014 12:30-4:30pm** Bellemeade Community Center (1800 Lynhaven Ave. Richmond, VA 23224)

Group Exercise Classes:

Warriors will be teaching their group exercise classes with their community groups throughout Phase 2 and should be growing their class size, while focusing on building relationships with participants and improving their health outcomes.

Evaluation in Phase 2:

You will be evaluated on proficiency in leading group exercise classes by your mentor and Rick Martin. The mentor will use a performance checklist to determine proficiency and provide positive and constructive feedback.

Pass/fail grades will be given based on the completion and accuracy of quizzes. Warriors are expected to achieve 90% accuracy on all quizzes. If you do not pass a quiz, you will be expected to retake the quiz.

Warriors will be completing quizzes at their convenience before each Training Day and will submit their completed quizzes at the training day.

Deadlines for completion of quizzes are as follows:

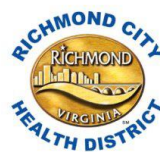
October 17th – Chapter 1 and Chapter 2 quizzes due at training

November 7th – Chapter 3 and Chapter 4 quizzes due at training

December 5th – Chapter 5, Chapter 6, and Chapter 7 due at training

Phase 2 Note from Rick Martin:

Great job! You are a 2nd Phase Warrior. You are seeing yourself transform as a trainer. With the added activity level you now have you are most likely seeing your own stamina and physique improving. That's one of the benefits of being a Warrior. You can't help but improve yourself. Continue on your wellness journey and know that you have your Warrior family here to support you whenever you need it. Most importantly, your impact in the community should be evident. You are a clear leader for health equity and fitness and you are seen as a resource by your peers and networks.



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Graduation

We plan to have a great graduation ceremony **on January 14th at 6:30pm (location TBD)** for all Warriors that have completed both phases, consistently taught community classes, been given feedback by mentors, and passed quizzes and teach backs.

Warriors are encouraged to invite their immediate family members, closest supporters, and group exercise class participants to the graduation.

Phase Three January-March 2016

Not all Warriors are expected to take part in Phase Three. The “BEST OF THE BEST” will be selected to take the ACE certification. ***Only those Warriors that have demonstrated commitment to the program, superior professional communication, skills in leadership and instruction, and dedication to the work in underserved communities for the long haul will be invited to Phase Three.***

Objective: Pass written ACE exam to achieve group exercise instructor certification.

Sub Objectives:

- Receive and master additional study material. Warriors will be given additional study material based on the exact testing that will be given to pass the national certification.
- Complete essays and written assignments.
- Establish and participate in small study groups.
- Grow weekly group exercise classes. Introduce advanced modifications or modalities.

Timeline:

Community Activities: During Phase 3, Warriors are invited to seek out opportunities to schedule Community Activities through their networks.

Warrior Training Days: Warriors should be ON TIME to all training days. Water and light refreshment will be provided. Please bring materials for taking notes, a healthy snack, and a towel to each training day. Dress to be active.

- **Saturday January 16th, 2016 at 12:30pm.** Location TBD.
- **Saturday February 20th, 2016 at 12:30pm.** Location TBD.
- **Saturday March 19th, 2016 at 12:30pm.** Location TBD.

Group Exercise Classes: All Phase 3 Warriors are expected to continue providing their group exercise classes and to GROW these classes in order practice the skills need to pass the ACE certification and to continue providing fitness outlets for our communities.



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Phase 3 Note from Rick Martin: By the end of Phase 3 you have been training for several months and have found a level of comfort in conducting your groups. Members of your family and friends, not to mention participants in your group exercise classes, are looking to you for continued guidance and support with their personal journeys towards healthier lifestyles. You can be proud of yourself because you are a major part in seeing our city become an example of a great grassroots health initiative. Where you go from here is up to you. Someone already wants to follow in your footsteps and you would make an excellent mentor. Take the time to pat yourself on the back and know that the Universe is giving back to you what you have given out. ***Your Warrior spirit is catching hold and we are all the better for it!***

