Movement Design Principles

Increased functional strength and balance is the reward following progressive gains in musculoskeletal stability and mobility. Instructors wanting to add variety through an expanded inventory of choreography must consider safety, goals, appropriate modifications, and successful instruction with the end result in mind when creating new movements.   Use the formula below for designing your class and creating your own choreography of movements, exercises or transitions:

<u>Formula for analyzing exercise selection:</u>

1. Where do you get an idea for a movement and/or transition?

    Look for ideas in a variety of places: exercise segments on TV, fitness DVDs, visiting another instructor's class, searching websites, brainstorming with co-workers. For example, let's say I'm watching a DVD about upper body strength training, and I see a segment on biceps curls with tubing. Let me take you through the steps below with that 'new idea for a movement or exercise:

2. What will this movement or transition accomplish?

    When considering our 9 health- and skill-related fitness components, a biceps curl with tubing would target muscular strength and endurance training.

3. Does this exercise need to be modified for less skilled OR more skilled?

    Yes, there are several ways I can modify this move. I can have less-skilled participants perform the same movement seated in a chair, so the tubing resistance is less. I might offer standing participants to anchor the tubing with one foot for less work, but both feet (suggesting a wide stance) for more work. I can also offer a variety of resistance tubing (yellow, green, red or blue) for the lower-skilled or higher-skilled participant, giving everyone the opportunity to work at their self-chosen level of ability. Your students could also choose to perform this exercise without any equipment, simply using their own body's resistance.

4. What resistance tool to use for the best end result?

    Even though I viewed this exercise being done with tubing on the DVD, I can certainly have my class members use weights instead. A 24-rep combination can be done with weights or tubing: 8 bilateral curls at ½-time tempo; 8 unilateral curls at tempo; 8 bilateral ½-ROM curls at tempo.

5. Time it takes to set up the movement with the resistance tool? – "Ten second rule" and "EAE (Entry /Action / Exit)" guidelines………

    There's nothing fancy about doing biceps curls with tubing. It's as simple as anchoring the tubing to the floor with one or both feet, and guiding members through proper form in performing a biceps curl. Set-up and pre-instruction only takes a few seconds.

6. Measure your success. Feedback? Physical measurement?

    Ask your class members if they like doing biceps curls with tubing over doing them with weights. You may receive feedback that there's a little more variety in adjusting intensity of the exercise. Using the SilverSneakers perceived exertion chart, have them tell you how difficult the work was that they just performed.

    If you want to measure physical improvement, perform assessment testing specific to the strength of the biceps muscles before bringing this new exercise to class. Then about eight weeks later and after you've been performing biceps curls with tubing 2-3 times a week in class, conduct post-assessment testing, and see if your class members are getting stronger.

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Now it's your turn. Use the formula below for designing your class and creating your own choreography of movements, exercises or transitions:

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