



Aerial Fitness Instructor Trainings

A funky fitness workout incorporating Aerial Acrobatics, Dance with focussed strength and conditioning training. Fitness instructors can gain the skills required to teach Fitness in a fresh way that is fun and delivers results – improved muscle tone and definition for a sleek and toned body. Upbeat, fun and effective! REPs approved.

The Aerial fitness Instructor training programme is the first Aerial training program endorsed by Skills Active giving you 16 Register of Exercise Professionals CPD points. The course has been created for those who wish to teach Aerial Fitness in both a commercial environment and/or on a one-to-one basis. Created by KT Coates, an internationally renowned Fitness Instructor, she has been teaching for over 10 years world-wide.



The course combines intensive training in dance, strength, conditioning, yoga-inspired fitness moves and aerial circus artistry, pushing exercise to its limits!

What is Aerial Fitness?

Aerial Fitness combines dance choreography, fitness, circus acrobatics and yoga-inspired fitness for a truly fun workout with a difference. The swing is so versatile that it offers many ways to target into all the major muscle groups. In a Aerial Fitness class, students may notice a remarkable increase in upper body strength and tone as they move through an array of exercises, beautiful acrobatic flips and tricks whilst moving through funky dance aerobics and choreography. Take your exercise program to new heights!

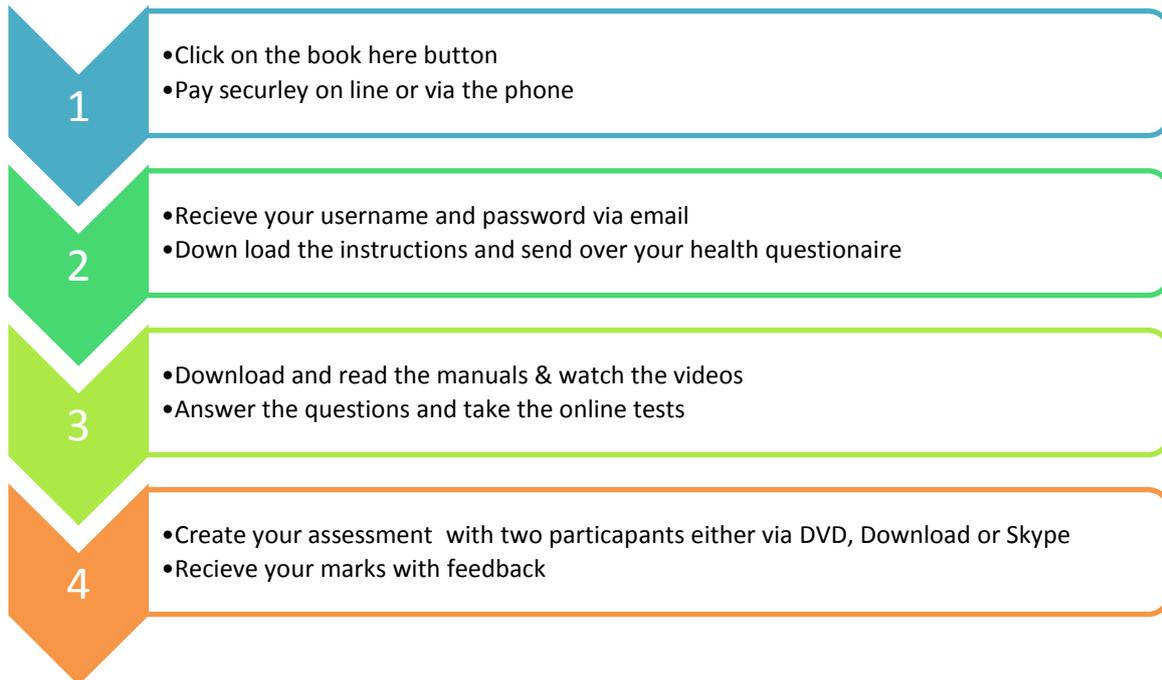
For those interested in undergoing the Instructor Training Programme we have the online correspondence training to study at your own leisure and convenience using training videos, a manual and workbook. All in the comfort of your own home

Why learn on line?

With lives becoming increasingly hectic you may feel like you don't have the time to learn. However, learning online has changed the way we educate ourselves. You can now gain access to the best instructor training program without having to travel thousands of miles to take part in a face to face course. You save on travel, accommodation, child care and best of all you can work at your own pace.

How does it work?

Training online has never been easier. You can start right away; there is no waiting around for work to arrive in the post...



What is the prerequisite to the beginner's course?

- ✓ Anyone with a good fitness level. As long as you have a swing to practice on you do not have to be an existing instructor or fitness professional.
- ✓ Anyone wanting to learn the in-depth technical aspect of pole fitness that gives the participant the perfect foundation to take their teaching to a professional level.
- ✓ Students who wish to take the next step into professional teaching.
- ✓ Existing instructors planning to update their knowledge.
- ✓ Qualified fitness instructors or dance teachers wanting to add to their teaching skills.
- ✓ You will need a certification in anatomy, physiology and warm up and cool down techniques. Please see the next point...

Aerial Fitness Instructor Course Content

The course is the most in depth on the market and the only certification course that is online.

	Health and safety
	Injury Prevention
	Warm Up and Cool Down Techniques
	Pole Techniques
	Instruction techniques
	Swing and Pole
	Chorography and sequencing
	Strength training
	Postures and relaxation
	Tricks, flips, holds and inversions
	Flexibility
	Homes study to include a manual and workbooks
	Online test and assessments
	The option to take our in house fitness training covering fitness, A&P and warm up/ down

Fitness Course for instructors

In order to take the course KT requires you to have a basic understanding of fitness, anatomy, and physiology, warm up and cool down techniques, so you can be a safe and effective instructor. If you have completed a course that involves the above you will not need the extra fitness module, however if you have not then you will need to complete our fitness module. This should be completed prior to the Aerial Fitness course and will be ready to download upon payment.

You will receive a manual and workbook. You will also need to watch some video's as well as design a warm up and cool down. You will be assessed on this course and must pass in order to become certified.

Please be advised that this is not a standalone certification and is endorsed by Vertical Dance and the International Pole Sports Federation only. It is an add-on module so we are satisfied that you are competent instructing a safe and effective warm up and cool down.

£99

What is covered in the fitness course?

	Anatomy & Physiology
	Muscles and Muscle Actions
	Principals of Fitness, Health and Exercise
	Nervous System
	Health and Safety

What will having this certification enable me to do?

- ✓ To instruct a structured Aerial Fitness class.
- ✓ You will gain the skills to teach:
 - Correct technique
 - Routines
 - Different styles of classes
 - Strength, endurance flexibility exercises
 - Pre and Postnatal knowledge
- ✓ Understand how to create momentum; grace and flow
- ✓ Understand the health and safety aspects of instructing Aerial fitness.
- ✓ To understand how to break down moves and turn your aerial skills into teaching skills.
- ✓ How to work with the general public to ensure they are safe and happy.
- ✓ To qualify for insurance.
- ✓ To hold a recognised international pole instructing certification

Is this course internationally recognised?

KT has taught over 1000 instructors worldwide. Her courses are accepted proof of training around the world.

What will I receive?

	Username and password to the secure site
	No time limit or extra payments
	Workbook and Manual
	Personal feedback from KT Coates
	Certificate of completion
	CPD points if you are a member a fitness governing body
	Moves and tricks
	Chorography
	Discount for further training courses either online or face to face
	Twice a year you can send your class videos for KT Coates to give you feedback
	Continues ongoing support via email or Skype with KT Coates

How do I enrol in a course or host a program?

You can visit www.verticaldance.com to sign up online

Can I pay in instalments?

Yes you can. You can pay as little or as much as you want when you want. Full payment must be received prior to gaining access to the course.



FAQ's

Is the theory hard?

All you need to do is read the manual and answer the questions in the work book. There are no trick questions it just a simple read and answer method. There will be seventy five question multiple choice exam you will be quizzed on your written and practical work during the course. You must achieve a pass rate of 80% or you will need to retake the test.

Will I have a practical exam?

Your assessment is recorded and is in the following parts:

For those doing the fitness module:

Warm up

Routine

MSE

Cool down

Moves to camera

Bones and Muscles to camera

Will I be insured when I pass?

No you won't be. However this certification can be shown to your insurance company as proof of education, this may lower your premium. Vertical dance uses the International Pole sports federation insurance which covers pole and other forms of fitness. Alternatively you can become a member of the PDC and gain access to pole insurance through their services.

What if I refer any part of the course?

If you refer the workbook you will be asked to correct the task you have referred on. If you refer the multiple choice exam you will be asked to retake it once more. If you refer your practical assessments you will be given in depth feed back as to why. You can retake the assessment for the referred elements of the practical instruction. You will not be charged if you refer any part of the.

Is the course refundable or transferable?

Refunds can only be given if the passwords have not been sent. If you have used the instalment option, the course is non refundable. The course is non transferable.

What do I need to start the course?

You will need the following if taking part in the online course:

	Swing
	Computer, MAC or Laptop (this is not suitable for ipads)
	Broadband with a minimum of 1MB speed
	Printer
	Scanner(optional)
	Video Camera
	One participants to teach

Are there discounts for purchasing one or more courses?

Yes there are discounts for purchasing more than one course. Please let us know if you would like to take any of our other courses or if there are more than one of you and we can provide a discount.

Cost:

£450 - If you are a qualified fitness instructor

£550 - If you require the fitness module

If you have any further questions please contact info@verticaldance.com