

## COURSE INFORMATION

# GROUP PERSONAL TRAINING

GET READY to set yourself apart from other trainers and make your Small Group Training sessions MORE than boot-camp or parallel personal training.

---

In a traditional group fitness class the focus is mainly on the instructor who demonstrates every move and is solely responsible for maintaining the motivation of the class. Often 'group training' is simply a bootcamp style class for fewer participants, but the focus remains on the instructor. Personal training on the other hand is completely focused on the client. In some group training sessions participants simply work through exercises side-by-side. In a successful group training session the participants themselves should motivate each other to complete the workout.

As small group training is becoming increasingly popular, this program is targeted to personal trainers who are hoping to increase their knowledge and skills in order to train groups of 4-8 participants of varying age, fitness levels and abilities, using resistance exercises. With bodyweight exercise alone, clients reach a plateau sooner and you are at more risk of them dropping out. Increased use of weight-training in your programs will lead to increased success for your participants and therefore adherence to the program = more \$ for you.

### COURSE AIMS:

After completing the Small Group Training course Fitness Professionals will be able to:

- Differentiate between small group training and 'bootcamp' style training – which is basically a general class – and parallel personal training, where the participant does things mostly on their own but next to someone else.
- Pro/re-gress exercises whilst maintaining a group balance
- Use the 'group' setting as a motivator.
- Safely incorporate weight training into their group sessions as a key element to success
- Differentiate their programs from 'Crossfit' style training

## SMALL GROUP TRAINING PROGRAM DESIGN SKILLS YOU WILL GAIN

### 1. Warm-up

Why is the warm-up an essential part of your plan? Not only does it have physiological benefits but it's also an opportunity to gauge fitness levels and build rapport, come away with various drills to do this.

### 2. Main workout

The small group personal trainer will be able to design training plans and select appropriate exercises in sequential order in the context of three categories:

- Steady State
- Interval
- Technical/weight training

### 3. Finishers

The Small Group PT will learn various 'finishers' **metabolic, emotional or social** to have participants ending their session on a high and keep them coming back.

### 4. Planning for multi-level groups

The Small Group PT will be able to re/progress exercises for multi-level groups whilst still maintaining the correct level of intensity for all participants.

As an example, the Group PT will learn how to stop pitching their sessions to the fittest client but be able to modify the intensity to make sure those participants get a good workout without making other participants feel inadequate or risk injury to keep up.

### ... and you'll also get...

- A number of tried and tested warm-ups to use with your clients that will give you the opportunity to assess them and modify your plan as necessary
- Ideas for 6 or more main workouts and how to tailor them as necessary to suit client levels and abilities
- Ideas for 6 more finishers that will leave your clients feeling happy, like they have achieved something and wanting to come back
- Freedom to leave your classes in the hands of another whilst you go away on holiday as the 'group' has now become the motivating factor for your clients and not you or the program

## 2-DAY SMALL GROUP PERSONAL TRAINER COURSE BREAKDOWN

Each day will be broken into three parts: morning session, lunch, first afternoon session, 10min break, and the final afternoon session.

Tea and coffee making facilities as well as fridge and microwave are provided onsite. You will have 60mins for lunch and there are lots of good options available close by the gym.

### DAY 1

---

10.00 – 10.10 Registration and introduction of trainers and course participants

---

10.10 – 10.30 Warm-up exercise activity & Brainstorm session

---

10.30 – 11.10 Key elements to successful session planning: Main workout styles

---

11.10 – 11.35 Successful planning: Finishers

---

11.35 – 12.30 Participate in a session

---

12.30 – 1.30 LUNCH

---

1.30 – 2.00 Review Exercise session

---

2.00 – 3.00 Exercise selection and ways of modification

---

3.00 – 3.10 Break

---

3.10 – 4.00 Plan a group training session based on what you've learned

### DAY 2

---

10.00 – 10.15 Warm Up

---

10.15 – 10.30 Return assignments and answer any questions about feedback

---

10.30 – 12.30 Training sessions: Trainers will train their peers for 10-20 min parts of a session and be videoed for assessment

---

12.30 – 1.30 LUNCH

---

1.30 – 3.00 Review of video assessments, whilst this is taking place other course participants are encouraged to compare homework assignments and brainstorm training ideas

---

3.00 – 3.10 Break

---

3.10- 4.00 Written Test: multiple choice and short answer questions

## **COURSE MATERIALS**

**On the first day of the course, you will receive:**

- A bound course manual outlining the skills you need to become a great Group Training coach
- A worksheet to make notes and brainstorm ideas
- A homework assessment task

## **ASSESSMENT**

Your assessment will be in two parts a practical assessment which consists of leading other course participants through part of a small group training session, and a written test. The pass mark for the written test is set at 15/22. Every effort will be made by your educators to ensure you have the skills and knowledge you need to pass both your assessment tasks without difficulty

**At the successful completion of the exam, you will receive:**

- Accreditation Certificate and authorization to use the MyGym name
- Free Access to our workout library
- CEC certificates for Fitness Australia

## **Small Group Training Certification**

Each Personal Trainer who is awarded a competent grade in their assessment will receive a certificate and the

## **Course Numbers**

A maximum of 12 trainers can complete the course at any one time, so registration is necessary to guarantee a place. This number has been set to ensure a quality learning experience for all involved.

## **Course Educators**

Your educators are leaders in the field of small Group Personal Training in Australia and have been involved in the Fitness Industry for many years.

## **Dates and Locations**

Our Group Personal Training course is held quarterly at our Sydney studio, located near Central Station. Interstate courses can be arranged on request provided there is sufficient demand.

## **MYGYM Small Group Training Brand**

MYGYM Small Group Training is specific to the location of our studio and may not be used by course participants.

## **CONTACT US AT ANY TIME:**

[info@mygym.net.au](mailto:info@mygym.net.au)

Or PHONE

02 9699 9222

## **DISCLAIMER:**

While the Small Group Trainer course aims to equip the Fitness Professional with the skills they need to train small groups of clients of varying fitness levels, at no time can they be involved with rehabilitation programs, or be seen to take the place of an allied health professional or medical practitioner.

While every skill taught on the course will enhance the training experience of clients, MyGym can take no responsibility for the actions of Fitness Professionals engaging in the training of injured or other high risk clients.