

BOOM! Fitness 15-Hour Teacher Training

Course: Level 1

Sept. 18-19, 2010, Oakland, CA

CERTIFICATION COURSE OUTLINE FOR LEVEL 1*

(*Outline subject to change; Full outline presented first day of Training)

Saturday Sept. 18, 2010

- 9am- 10am: BOOM! Welcome & Overview; Review of Stretching Program & Template BOOM! Rhythms for Level 1; BOOM! Fitness Overview and Goals for 2011 and beyond.
- 10am - Noon: BOOM! Drum Mechanics and hand/body techniques. Review African, Brazilian, Afro-Cuban and Funk Rhythms; Practice BOOM! calls & choreography;
- Noon-1pm: Lunch Break
- 1pm - 2pm: Clapping/Rhythm Circle Concepts & Choreography; Group Exercise Class Management
- 2pm- 4pm: Fitness & Dance Moves: Level 1
- 4pm - 5:30pm : Putting it All Together: Level 1 Combinations & Choreography; Questions/Answers
- 5:30 - 7pm: Dinner Break
- 7pm - 8:30pm: Sample BOOM! Level 1 class (co-taught by Course Attendees)!

Sunday, Sept. 19, 2010

- 10am - 11am: The Business of BOOM!: Building a Successful Class & Business
- 11am - Noon: Review of African, Brazilian, Afro-Cuban and Funk Rhythms; Practice BOOM! calls & choreography; Questions/Answers
- Noon - 1pm: Lunch Break
- 1pm - 2pm: Rhythm Call/Response; Tips for Teaching Group Fitness Classes
- 2pm - 3pm: Review of All BOOM! Level 1 Rhythms, Dance and Fitness Moves & Combinations
- 3pm- 5pm: Sample BOOM! Level 1 class (co-taught by Course Attendees)!
- 5pm: Presentation of Teacher Certifications