



# Recognition of Prior Learning

## *Junior Coach – Aerobics*

### SECTION A – THEORY

REQUIREMENTS OF GSNZ COURSE	EVIDENCE	RESULT
Introduction to Aerobics		
The Components of Aerobics		
AEROSkools – The Aerobics Levels Programme		
Compulsories		
Content and Choreography		
Musicality		
Showmanship		
Partnership		
Execution		
Intensity		
Synchronisation		
Element Families		
Element Progressions		
Introduction to Aerobics Rules		

## SECTION B – PRACTICAL EXPERIENCE

Practical experience can be recorded through observations of coaching sessions or evidence produced in session plans.

REQUIREMENTS OF GSNZ COURSE	EVIDENCE	RESULT
Introduction to Aerobics		
The Components of Aerobics		
AEROSkools – The Aerobics Levels Programme		
Compulsories		
Content and Choreography		
Musicality		
Showmanship		
Partnership		
Execution		
Intensity		
Synchronisation		
Element Families		
Element Progressions		
Introduction to Aerobics Rules		

## SECTION C – ASSESSOR COMMENTS

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**DECISION/OUTCOME**

<b>Decisions</b>	<b>Notes/Details</b>	<b>Please tick</b>
Qualification granted in full as requested		
Additional Course work required		
Additional Practical work required		

**Assessor Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_