

**NETA Group Exercise Instructor  
2021 Knowledge Statements**

<b>2021</b>	<b>Knowledge Statement</b>
K-1	Activity- and exercise-specific benefits, indications, contraindications, risks, and precautions for the general population
K-2	Applicable facility guidelines and safety concerns (e.g., music volume, room temperature, room capacity, equipment/participant spacing)
K-3	Appropriate progressions, regressions, and modifications to meet the needs of all participants
K-4	Appropriate selection and use of group exercise equipment
K-5	Basic principles of nutrition, Dietary Guidelines for Americans, recommended healthy eating patterns and food guidance graphics
K-6	Choreography development
K-7	Components of an exercise class (e.g., warm-up, conditioning, cool-down) and their purpose
K-8	Considerations related to music selection (e.g., structure, genre, tempo, lyrics)
K-9	Credible sources of information, education providers, and professional organizations
K-10	Effective verbal and non-verbal communication strategies, including appropriate cueing and feedback
K-11	Exercise guidelines, contraindications, and considerations for special populations (e.g., pregnancy, older adults, youth/adolescents) and medical conditions (e.g., arthritis, hypertension, diabetes, asthma, osteoporosis)
K-12	Exercise-related anatomy, kinesiology, biomechanics, and physiology
K-13	Fitness level of the group being taught
K-14	Hierarchy of human needs (e.g., Maslow, Erickson)
K-15	Methods for measuring and monitoring exercise intensity (e.g., target heart rate, rating of perceived exertion)
K-16	Music licensing and copyright laws
K-17	NETA Code of Ethics
K-18	Physical activity recommendations (e.g., Physical Activity Guidelines for Americans, ACSM/AHA/CDC Consensus Statements) for improving overall health
K-19	Principles and guidelines (e.g., ACSM, Academy of Nutrition and Dietetics, National Weight Control Registry) of safe and effective weight management
K-20	Principles of diversity, equity, and inclusion
K-21	Principles of exercise training (e.g., overload, specificity, progression, variation) and ACSM guidelines for exercise program design (e.g., cardiorespiratory, muscular fitness, flexibility training, balance)
K-22	Principles of motivation and exercise adherence
K-23	Recognition of and appropriate response to exercise-related medical conditions and emergencies (e.g., myocardial infarction, stroke, heat-related illness)
K-24	Relationship building strategies
K-25	Requirements for the renewal of professional and safety (e.g., CPR) certification(s)

K-26	Role modeling behavior
K-27	Safe and effective exercise technique (e.g., joint alignment, range of motion, breathing pattern)
K-28	Selection of delivery methods (e.g., in-person, virtual) and their implications for group exercise class design (e.g., room set up, camera placement, lighting, color contrast, lag time, physical cueing)
K-29	Signs and symptoms of and immediate care (e.g., P.R.I.C.E) for acute injuries (e.g., sprain, strain, fractures)
K-30	Signs and symptoms of overtraining and overuse (repetitive strain injury) syndromes
K-31	Strategies for accommodating various learning styles (e.g., visual, auditory, kinesthetic)
K-32	Strategies for creating a fun and welcoming environment
K-33	Strategies for determining and accommodating participants' knowledge, skills, abilities, and interests
K-34	Strategies for effective goal setting
K-35	Strategies for improving form and technique
K-36	Strategies for interacting with diverse groups of individuals with varying backgrounds and needs
K-37	Strategies for promoting body awareness and mindfulness (e.g., meditation, breathing techniques)
K-38	Strategies for recovery and restoration (e.g., stretch, self-myofascial release, rest)
K-39	Teaching methods (e.g., linear progression, add-on)
K-40	Theoretical models of behavior change (e.g., transtheoretical model)
K-41	Time management strategies
K-42	Written emergency response procedures (e.g., activation of emergency medical services, facility emergency response plan, pre-emergency medical preparation strategies)