

Stealth Learning Opportunities

Make it MORE THAN just a workout

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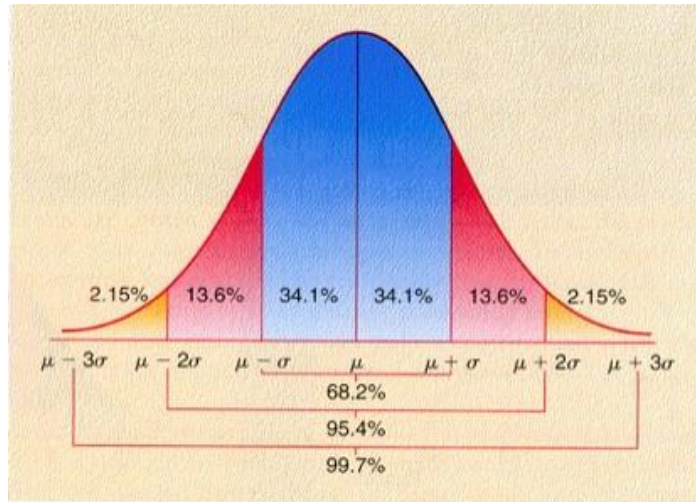
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Objectives

- Stealth learning is when an instructor uses clever, disguised ways to introduce learning objectives through non-traditional tools to encourage students to have fun and learn. Students think they are merely playing, but they are simultaneously learning.
- In this interactive workshop you will experience 7 different areas you can facilitate self-discovery with your class members to make their time with you MORE THAN just a workout.

What is one of the worst things that could happen in your class?

Assess



Foundational Movement Patterns

- Push: Concentric contraction moves weight away from body: push up, chest press, overhead, triceps, landmine variations
- Pull: Concentric contraction moves weight toward body : pull ups, row variations, Biceps, military crawl
- Squat: includes lunge variations and jumps
- Hinge: Involves hip flexion and extension. May or may not involve knee flexion and extension
- Rotation: includes anti rotation stabilization
- Loaded carry: includes farmers walk, waiter's walk, rack walk, press walk

Seven Areas of Potential Discovery

- Lever Length
- ROM
- Position
- Fatigue
- Movement/stability
- Tempo
- Focal points

Lever Length

Range of Motion

Position

Movement/Stability

Tempo

Focal Points

Exercise	Lever What can you shorten/lengthen?	ROM Is a smaller ROM easier?	Position What about position can be changed?	Movement/Stability Is the goal stability or Mobility?	Fatigue/Rest How do you build fatigue or encourage rest?	Tempo/Ecc&Conc How can you play with time?	Focal Point Will change with exercise!
Pushups	Knees	Top half	Diagonal offset	Walking	Super sets	Pulses	Shoulders back
	Wall	Bottom half	Broad base	PU with rotation	Stretch rests	Pauses	Back long
	Hands higher	Full ROM	Narrow base	3 pt pushup	Push up plus (scapular)	3 and 1	Tight glutes
	Feet higher	Combo	One hand raised/bench	One arm tricep push up		1 and 3	Mobilize between shoulderblades
			Military	One arm or leg/wall		Ecc only	Weight in the heel of the hands
			Diamond	Toe tap push up		Conc only	
			Pike push up	PU jacks		Plyo	
			Table top	Spiderman push ups		Hand release/chest to floor	
		Dolphin					