

Research to Action Conference 2014

Choreography: Add On Method

The following presentation is a sampling of exercises that could be integrated into your programs. As the instructor, of you know the level and capabilities of your participants and can decide if some or all of these exercise options are suitable for your participants. It is highly recommended to screen and assess your participants and grouping participants with similar abilities. During the cardio, using monitoring techniques such as target heart, rating of perceived exertion, observation and talk test can determine if the participants are exercising in moderate to vigorous intensity.

Warm-Up

Music for the entire session continuous: Power Music: 17 Again! Powermix Volume 4: 128 bpm:

Songs: Electric Avenue, Harlem Shuffle, Soul Man, YMCA, Hot Child in the City, Get on your Feet, Break My Stride, She's a Lady, Listen to the Music, Jive Talkin', Boogie Shoes, Flashdance (What a Feeling)

Cardiorespiratory Endurance

Add On Method

Transition Movement from one leg to the other: march 1, 2, 3, tap and start marching on foot that tapped

Sequence:

- Marching
- V-Step (reaching arm movements)
- Step Touch (arm movements on frontal plane)
- March Forward 1, 2, 3, tap, March Backwards 1, 2, 3, tap (clap on tap)
- Exaggerated Heel Digs (arms side to side)
- Exaggerated Toe Taps (arms pushing down at side)
- Hamstring Curls (circular arm movements)
- Step touch: single, double, four times
- Mambo Front (forward, beat, back beat)
- Mambo Side (side, beat, side, beat)



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