



Course Title: **Under the Microscope - YoU!**  
**(Instructor Skills and Methodologies)**

Produced by: **Fitness Learning Systems**  
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Course Type: **e-Learning Home Study**

Credit hours: AEA 3.0, ACSM 3.0, ATRI 0.3,  
NFPT 1.0, NCSF 1.5, YMCA 3.0, NSPA 3.0

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### Course Summary:

**Under the Microscope - YoU** = Why You? As a health-fitness professional, especially in exercise science, you are consistently under the scrutiny of your clients, employers' and a multitude of other observers. As a result you must continually look at methods to enhance and share your knowledge so you can simply be the best you can be. This course shares a multitude of skills and knowledge that will help develop all who present or teach. This course will help bridge communication gaps, further open the channels of sharing by you to all your clients and prospective clients, and enhance various domains of leadership. These tips, hints and in some cases in your face frank observations are shared to ensure your professionalism remains top of your game. The intent is to help ensure your example of leadership and demonstration is a showcase for other health-fitness professionals to emulate.

### Objectives:

After completing this course you will:

- Learn the anatomy of the voice.
- Identify voice projection, articulation, and additional methodologies for voice use and care.
- Learn various methodologies of how to enhance your performance and presentation techniques
- Learn nonverbal communication techniques including emergency communication signals and EZQ signals for land and water.

- Learn the Neuro Linguistic Recognition domains and how to balance them to create rapport with clients.
- Understand the role proxemics and body language plays in client rapport.
- Review some rapport creation methods.

## Outline:

### Instructor Skills and Methodologies

#### Part One: Voice Care

Anatomy of the Voice

Voice Projection Methodology

Articulation Methodology

Domains of Voice Methodology and Tips:

Voice Modulation/Tone/Timing

Inflectional Morphemes

Realms of Performance Space

The Power of Silence

Audience Focus Control

Body Physicalisation and Characterisation

Body Emotion Transference to Audience

Long Term Memory Recall

Demonstration of all These Techniques

#### Part Two: Nonverbal Communication

Emergency Communication Signals

EZQ Land Signals

Aquatic Signals

#### Part Three: Creating Rapport:

Neuro Linguistic Recognition (NLR)

Visual Communicator

Auditory Communicator

Kinesthetic Communicator

Digital/Visual Communicator

Balancing Communication

Standard NLP Rapport Process

Proxemics

Body Language

Ice Breakers and Participant Relaxation

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