

THE MORE YOU KNOW



An invitation to more in your P-FIT Program



PFIT Patron Saint Spotlight St. Raphael

St. Raphael is the patron for Module 9. He intercedes to help man with afflictions both physical and spiritual in nature. He assures that, in God, we are safe from all harm. We can invoke his powerful intercession in our daily lives.



OVERVIEW:

- P-FIT Patron
- Be a Good Observer
- Practice Teaching Observation

This resource is provided for you to enhance your training with additional information, tips, and more as you move through P-FIT.

BE PREPARED:

Arrive prepared to the next meeting in the Zoom Classroom with Module 9 completed. Have you completed the appropriate practicing teaching? Daily Meditation? Do you have points to discuss from the Catechism Course? Have you been practicing Pietra Fitness? Logs?

Be a Good Observer

You have learned that when you instruct a class, this is not your workout. Why do we say that when you are doing physical activity? Because when you are working out, you are doing the moves and exercises YOU need. When instructing a class, you are doing what the CLASS needs. Have you ever been to a fitness class where they are doing pushups, and after 15, the instructor is the only one still doing them? Everyone else has had enough, but the instructor doesn't even notice because they are too busy concentrating on how many they are doing. A good instructor should know what is going on with their class at all times and modify their routine accordingly. Now, you can not change the pre-choreographed routines, but you can certainly add reps, lessen reps, or modify poses as your class needs them.



Learning to be a good observer is one of the best tools a Pietra Fitness instructor can have. Refining those skills will help you to be open and aware of your participants' needs. Safety is key in a Pietra Fitness class, and the only way an instructor will know if someone is at risk of injury is by observing. Also, it is how you can monitor a student's progress, alignment, and habits.

Even if we are watching the class, we sometimes get so caught up in following the

normal cues for each pose, we aren't actually watching to see if they are following our cues. In a previous *The More You Know*, we discussed the importance of understanding how you feel in the poses and how this is a great place to start for cueing ideas. It can't stop there. Much of your cueing will come from what you observe in class. For example, if you are practicing Cross Legged Seated and someone's spine is rounded forward, you can suggest elevating the hips by sitting on a pillow or block.

Mastering observational skills takes time, knowledge, and experience. As you practice teach, you should be working on cueing as well as observing.

All participants like to be nurtured, acknowledged, and cared for. Your students will leave class feeling all those things if they have been well attended to.

Practice Teaching Observation



While practice teaching, start observing single poses. Even if you are practice teaching a whole class, observe the class once they get into a pose. Is something out of alignment? Are they at risk for injury? Is someone struggling? Give some verbal cues based on what you see. Weave these into some of the other cues you know. Use this opportunity to hone your observational skills. Here are a few tips:

- As you are talking them into the pose, give your directional cues.
- Once in, start observing and offer additional cues from what you see.
- Always begin with cues that will help someone who is at risk for injury and then continue with other alignment cues as needed.
- When observing standing poses, start from the base up. Are the feet straight, toes pointing in the same direction? Are the knees tracking the toes? Are the knees bent or hyperextended? Are the hips level? Are the shoulders the same level or are they hunched up? Is the back rounded? Continue all the way up through the body. In time, you will be able to quickly look at a person and see where they may need an adjustment. .