

CEC for 3, 2011: Choreography Analysis
By you! For Free!

1 CEC's for submission. If we choose to publish it you will get another 2 CEC's
 Concept:

This is a full idea to share ideas and choreography and practice your class construction skills. You will be asked to say what patterning techniques and intensity profile you are choosing. We will make sure you have identified the techniques and profile and look for any safety concerns. Passing is a safe effective routine using 2 or more patterning techniques, not if you identified them all correctly.

Complete the following summary page to attach with the submission.

Name	
Address Line 1	
City, State, Zip	
Phone Number	
e-mail	
Release	I, _____, by submitting my routine to A-PAI am authorizing that if chosen, I will allow them to reproduce my routine in the Choreography Corner of future A-PAI newsletters. I will allow them to make any corrections to patterning technique and intensity profile identification and safety. It will not be disclosed that there were any errors in the publication. I will receive an additional 2 CEC's for my continuing education requirements, but will not seek any other compensation monetary or in kind. If I submit a routine that meets the requirements of submission I will receive 1 CEC. If rejected I will not contest the decision and A-PAI will not use the article. If my article meets the requirements and I receive the 1 CEC, I understand, that this does not guarantee that it will be chosen for publication and I will not receive the additional 2 CEC's.
Signature	
Date	
Title of Routine	
Concept of Routine (who is it for, the purpose, the type)	
Intensity Profile	bell curve, or interval intensity profile, or stretch (water yoga...)
Patterning Techniques Used (Circle all that apply)	Add – on, Linear, Insertion, Layer, Forward Pyramid, Reverse Pyramid, Variations on a Theme, Link, Holding Pattern, Other _____

Instructions for Routine Submission:

This is to be a 1 hour routine.

WARM-UP

A warm-up (5-10 minutes long) including which moves fulfill the lateral hip opening, back hip opening, front hip opening,

If a general population
active calf stretch,
active quad,
active hamstring,
active IT band,
active deep 6 rotators,
active chest and upper back,
active low back active low back
active shoulders,
active arms,

If arthritis, prenatal, or rehab in warm pool
static calf stretch,
active quad,
active hamstring,
active IT band,
active deep 6 rotators,
active chest and upper back,
active low back active low back
active shoulders,
active arms,

Rehearsal Moves

ROUTINE

Routine is 30-45 min.

In the routine

Identify if it is a bell curve, or interval intensity profile, or stretch (water yoga...)

Identify if it is cardio, sculpt, arthritis, prenatal, strict timed interval or loose interval(like a water dance class)

Identify the patterning techniques - Add – on, Linear, Insertion, Layer, Forward Pyramid, Reverse Pyramid, Variations on a Theme, Link, Holding Pattern, Other

If your routine is 30 min include a 15 min sculpt, abdominal, joint range of motion, tai chi, yoga,... identify what you are doing.

COOL-DOWN AND STRETCH

Write out your cool down and the moves and what they are stretching. They must include, quads, hamstrings, calves, deep 6 rotators, IT bands, shoulders, chest, back, low back and arms. If you are coming out of an aerobic section include a post aerobic cool down.