

# *Analysis on Professional Terms and Teaching Skills That Teachers of Fitness Coach Course Must Master*

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**Abstract:** In order to ensure the teaching quality of “Fitness Coach” course and cultivate high-quality sports professionals for the country and society. On the basis of in-depth study of relevant literature, it is proposed that the teachers of Fitness Coach course must master the common technical terms such as orientation terms, joint movement terms and muscle working terms, and the teaching skills such as resistance training, stretching training, aerobic training and fitness plan. Only in this way can we truly achieve the talent training goal of social sports guidance and management specialty, and meet people's growing demand for health.

## **1. Introduction**

“Fitness Coach” course is one of the important core courses of social sports guidance and management specialty, and its purpose is to cultivate high-level fitness instructors for the country. Fitness coach refers to the professional who guides and helps the exercisers to improve their fitness level systematically in fitness clubs and other sports venues to get healthy <sup>[1][2]</sup>. Fitness coaches are indispensable members of social sports, and they play a vital role in realizing people's fitness demands <sup>[3][4][5]</sup>. Teachers of “Fitness Coach” course should not only master certain scientific knowledge of sports human body, knowledge and technology of fitness exercise, but also possess sufficient reserves of professional terms and superb teaching skills. Only in this way can we cultivate high-quality sports professionals who meet people's fitness needs <sup>[6][7][8]</sup>.

## **2. Professional Terms That Teachers of “Fitness Coach” Must Master**

Terminology is a collection used to represent the meaning of concepts in specific disciplines, which is also called scientific and technological terminology in China. Professional terms in the course of Fitness Coach refer to nouns that refer to concepts in fitness training, and are the agreed language symbols that have been formed in fitness training. The professional terms required by the teachers of the course Fitness Coach mainly include three kinds of terms <sup>[9][10][11]</sup>: common orientation terms, joint movement terms and muscle work terms.

### **2.1 Common Orientation Terms**

The common orientation terms that teachers of Fitness Coach must master include up, down, front, back, shallow, deep, medial, lateral, near and distal, etc. (See Table 1 for details)

*Table 1 :Teachers Of “Fitness Coach” Course Must Master the Commonly Used Orientation Terms.*

Terminology orientation	Intention
upper	Close to the human head is called upper.
under	Close to the human foot is called lower.
front	The side near the abdomen is called the front.
after	The side near the back is called the back.
shallow	Close to the body surface is called shallow.
deep	Away from the surface of the body is called deep.
inside	The one near the median plane of the body is called the medial side.
outer flank	Outside and inside the scale away from the median plane of the body.
Near measurement	The part of the human body near the trunk of the limbs is called proximity.
Telemetry	The part of the human body whose limbs are far away from the trunk is called tele-measurement.

## 2.2 Terms of Joint Movement

The terms of joint movement that teachers of Fitness Coach must master include flexion, extension, abduction, adduction, internal rotation, external rotation, circular rotation, horizontal flexion and horizontal extension, etc. (See Table 2 for details)

*Table 2 Teachers Of “Fitness Coach” Must Master the Terms of Joint Movement.*

Sporting terms	Intention
bend	The forward movement above the knee joint is flexion, and the backward movement below the knee joint is flexion.
stretch	The upward movement of the knee joint is stretching, and the downward movement of the knee joint is stretching.
extented	The end of the exercise link away from the median plane of the body is abduction.
adduction	The end of the exercise link near the median plane of the body is adduction.
internal rotation	Rotation from front to inside is called pronation (pronation).
extorsion	Rotation from front to outside is called external rotation (supination).
Ring turn	The movement joint takes the proximal end as the fulcrum, and continuous circular movement around the axis is called circular rotation.
Horizontal bending	The forward movement of the movement link around the vertical axis in the horizontal plane is called horizontal buckling.
Horizontal extension	The backward movement of the movement link around the vertical axis in the horizontal plane is called horizontal extension.

## 2.3 Terminology of Muscle Work

The terms of muscle work that teachers of Fitness Coach must master include starting point, stopping point, fixed point, moving point, near fixed point, far fixed point, upper fixed point, lower fixed point and no fixed point, etc. (See Table 3 for details)

*Table 3 Teachers Of “Fitness Coach” Course Must Master Muscle Working Terms.*

Working terminology of muscle	Intention
starting point	The trunk muscle, the attachment point on the bone near the median plane of the human body is called the starting point; The attachment point of the limbs near the proximal bone is called the

	starting point.
stop	Trunk muscle, far away from the attachment point on the median bone of human body, is called the stop point; Muscle, the attachment point on the bone near the distal end is called the stop point.
fixed-point	During exercise, the muscle attachment point on the relatively fixed bone is called a fixed point.
Moving point	During exercise, the muscle attachment point on the relatively moving bone is called the moving point.
Near fixation	When a muscle contracts, the fixed point at the proximal end is called proximal fixation.
Far fixation	When a muscle contracts, the fixed point at the distal end is called distal fixation.
Upper fixation	When muscles contract, the fixed point at the upper end is called upper fixation.
Lower fixation	When muscles contract, the fixed point at the lower end is called lower fixation.
No fixation	When a muscle contracts, it is called unfixed when both ends are unfixed.

### 3. Teaching Skills That Teachers of the Course Fitness Coach Must Master.

According to the analysis and summary of related research results<sup>[12][13][14]</sup>, the teaching skills that teachers of Fitness Coach must master refer to the relatively stable fitness technology and teaching practice ability that teachers have formed through continuous practice on the basis of acquiring and mastering relevant sports human science knowledge, sports humanistic theory knowledge and physical quality training knowledge. Including resistance training teaching skills, stretching training teaching skills, aerobic training teaching skills and fitness program teaching skills.

#### 3.1 Anti-Group Training Teaching Skills

##### 3.1.1 Connotation of Anti-Group Training Teaching Skills

The teaching skill of group training refers to the technical ability of “Fitness Coach” course teachers to explain and teach students how to use fitness equipment or their own weight to train against resistance, so as to help exercisers enhance their muscle strength and endurance.

##### 3.1.2 Classification of Teaching Skills of Anti-Group Training

###### (1) Teaching skills of resistance training of chest and abdomen muscles

The teaching skills of chest muscle resistance training mainly include those of pectoralis major, pectoralis minor, serratus anterior, external intercostal muscle, internal intercostal muscle and diaphragm. The teaching skills of abdominal muscle resistance training mainly include those of rectus abdominis, transverse abdominis, external oblique abdominis, internal oblique abdominis and quadratus lumborum.

###### (2) Teaching skills of neck and back muscle resistance training

The teaching skills of neck muscle resistance training mainly include those of latissimus dorsi, trapezius, levator scapulae, rhombus and erector spinae.

###### (3) Teaching skills of shoulder muscle resistance training

The teaching skills of shoulder muscle resistance training mainly include those of deltoid muscle, teres major, teres minor, subscapular muscle, supraspinatus muscle and infraspinatus. .

###### (4) Teaching skills of arm muscle resistance training

The teaching skills of arm resistance training mainly include those of biceps brachii and triceps brachii.

###### (5) Teaching skills of hip muscle resistance training

The teaching skills of hip muscle resistance training mainly include those of gluteus maximus, gluteus medius, gluteus minimus and piriformis.

(6) Teaching skills of leg muscle resistance training

The teaching skills of leg muscle resistance training mainly include those of quadriceps femoris, sartorius muscle, tensor fascia lata, biceps femoris, semitendinosus, adductor longus, adductor brevis, adductor muscle, gracilis and triceps calf.

### **3.2 Stretch Training Teaching Skills**

#### **3.2.1 Connotation of Stretching Training Teaching Skills**

Stretch training teaching skill refers to the technical ability of the “Fitness Coach” course teacher to explain and teach students how to stretch the joint motion range to make the human body get good flexibility.

#### **3.2.2 Classification of Stretching Training Teaching Skills**

(1) static stretching training teaching skills

The teaching skills of static stretching training mainly include those of pectoralis major, rectus abdominis, internal oblique abdominis, external oblique abdominis, latissimus dorsi, erector spinae, upper trapezius, levator scapulae, deltoid, biceps brachii, triceps brachii, biceps femoris, semitendinosus, quadriceps femoris, gluteus maximus, gastrocnemius and iliopsoas.

(2) Dynamic stretching training teaching skills

The teaching skills of dynamic stretching training mainly include the teaching skills of dynamic stretching training, such as lift heel walking on the knee during marching, lateral lunge stretching, cross lunge stretching, lift heel kneeling during marching, lunge bending and turning, lunge upright turning, lunge walking, sumo squat, swallow balance, hand and foot crawling, etc.

(3)PNF stretching training teaching skills

PNF stretching training teaching skills mainly include PNF stretching training teaching skills of posterior thigh muscles and PNF stretching training teaching skills of pectoralis major muscles.

(4) Foam axis relaxation training teaching skills

The teaching skills of foam axis relaxation training mainly include the foam axis relaxation of trapezius, latissimus dorsi, gluteus maximus, gluteus medius, gluteus minimus, piriformis, quadriceps femoris, biceps femoris, semitendinosus, gracilis gracilis, adductor longus, orbicularis oris, tensor fascia lata, iliotibial tract, gastrocnemius, soleus and tibialis anterior.

### **3.3 Aerobic Training Teaching Skills**

#### **3.3.1 Connotation of Aerobic Training Teaching Skills**

Aerobic training teaching skill refers to the technical ability that the teacher of “Fitness Coach” course explains and teaches students how to guide the human body to do physical training on the basis of sufficient oxygen supply.

#### **3.3.2 Classification of Teaching Skills of Aerobic Training**

(1) Aerobic equipment teaching skills

Aerobic equipment teaching skills mainly include aerobic training teaching skills such as treadmill exercise, elliptical exercise and fixed bicycle exercise.

(2) Outdoor sports teaching skills

Outdoor sports teaching skills mainly include outdoor walking exercises, outdoor running exercises, outdoor pedal exercises and outdoor rope skipping exercises.

### (3) Teaching skills of spinning

Cycling teaching skill refers to the teaching skill that teachers explain and teach students how to use cycling reasonably for physical exercises to promote the physical fitness of bodybuilders.

## 3.4 Fitness Program Teaching Skills

### 3.4.1 Connotation of Teaching Skills of Fitness Program

The planned teaching skill of fitness refers to the technical ability of “Fitness Coach” course teachers to explain and teach students how to formulate periodic fitness training programs according to the specific conditions of the exercisers in order to improve the fitness level.

### 3.4.2 Classification of Teaching Skills of Fitness Plan

#### (1) Resistance training fitness program teaching skills

The teaching skills of resistance training fitness plan refer to the teaching skills that teachers explain and teach how to plan in advance according to the actual situation of the exercisers, such as resistance training purpose, exercise frequency, exercise time, exercise intensity, number of completed groups, training methods and training principles.

#### (2) Stretch training and fitness program teaching skills

The teaching skill of stretching exercise plan refers to the teaching skill that teachers explain and teach how to plan stretching exercise content, training purpose, exercise frequency, exercise intensity, duration, number of groups completed, interval time, exercise form and training principle in advance according to the actual situation of exercisers.

#### (3) Teaching skills of aerobic training and fitness program

Aerobic training and fitness program teaching skills refer to the teaching skills that teachers explain and teach how to pre-plan the content, training purpose, exercise frequency, exercise intensity, exercise time, exercise form, training methods and training principles of aerobic training according to the actual situation of exercisers.

## 4. Conclusion

With the continuous development of human society, people's pursuit of health is increasing day by day. People have realized the important value of regular exercise to improve physical fitness and quality of life. Fitness training has become an indispensable part of people's healthy and happy life. Fitness guidance is the main training direction of social sports guidance and management major, and the course Fitness Coach occupies a pivotal position in the whole curriculum system of talent training, which determines the success or failure of talent training to a certain extent. Therefore, the requirements for the teachers of the course Fitness Coach are particularly strict, which not only requires them to have rich sports theoretical knowledge and standardized technical movements, but also requires them to master the professional terms and teaching skills of fitness. Only in this way can we achieve the predetermined goal of talent training and meet the urgent needs of national and social development.

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