

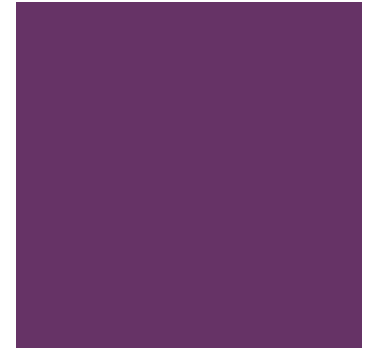
The Power of Positively Reframing Your Language: For the Student-centered Instructor



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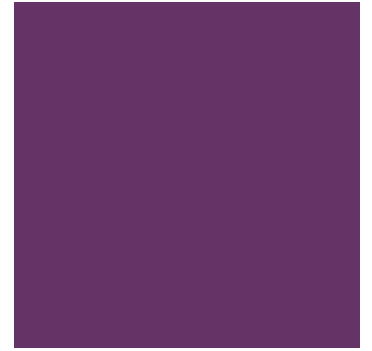
Learning Objectives

- By the end of the session, participants will be able to:
 - Define the fitness instructor's impact on college-aged participants in regard to body image
 - Develop two personal goals relating to positive and transformational language to apply in future group fitness classes
 - Summarize data collected in group fitness setting from surveys distributed at James Madison University Recreation

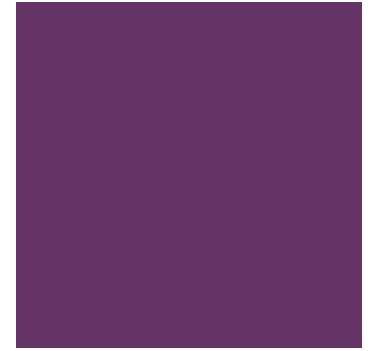


Ice Breaker | Activity

- Name
- School
- Favorite class to teach



Introduction Examples



- Teacher-centered

- https://www.youtube.com/watch?v=M_QL-H6il1Y

- Student-centered

- <https://www.youtube.com/watch?v=wQUwqst50WI>

Negative Language in Fitness Media

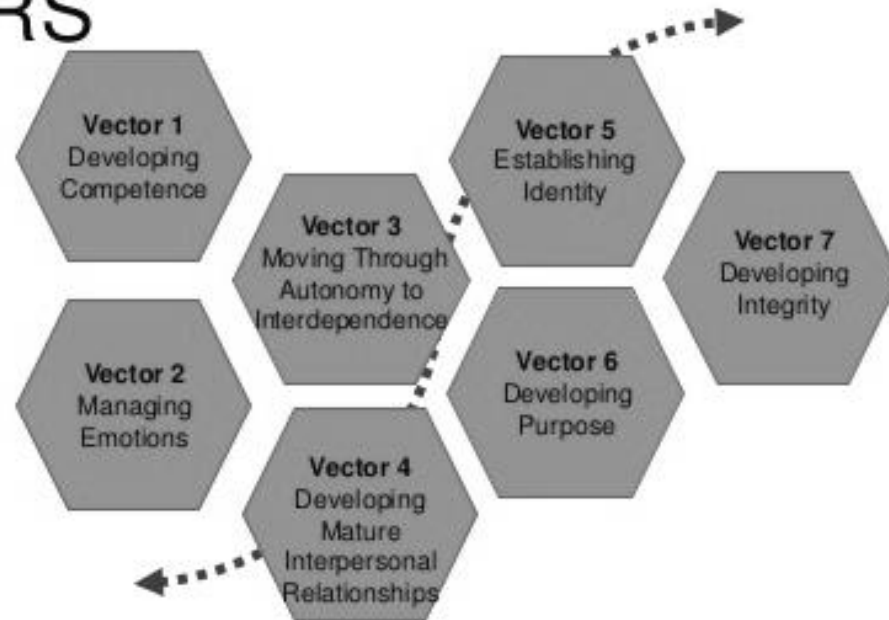


- Skinny, lose weight, burn calories
 - we need to be the leaders of the industry and stop perpetuating the negative language
- Example

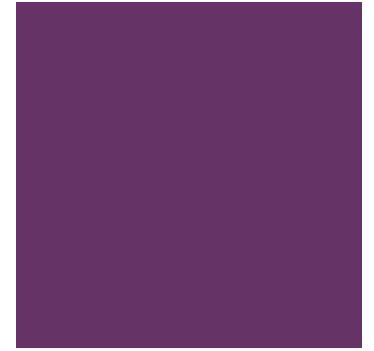
Fitness Instructor's Impact on College Population

- Student development theory

CHICKERING'S SEVEN VECTORS

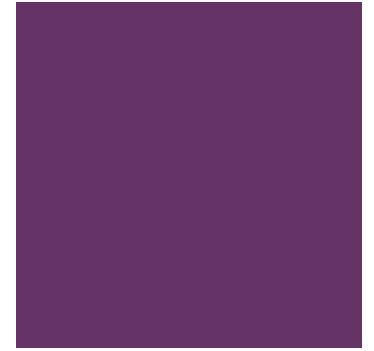


Fitness Instructor's Impact on College Population



- Why are we student-centered?
- Student learning lab

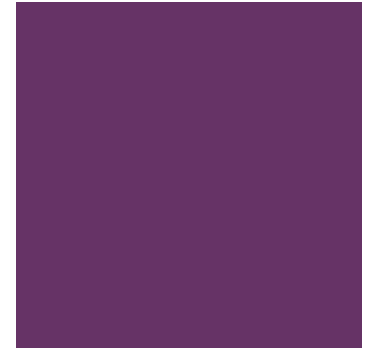
Fitness Instructor's Impact on Body Image



- Language
 - Verbal
 - Non-verbal
- Approachability
- Music
- Names of exercises
- Clothing

JMU Research

- Why
- What
- When
 - Survey was sent out to people who had taken group fitness classes for the 1st three weeks of the semester
- Demographics



JMU Participant Survey



What is your gender?

Male

Female

Your body perception

	Negative	Neutral	Positive
Before you took today's class?			
After you took today's class?			

Did the instructor influence your body image today?

Yes

No

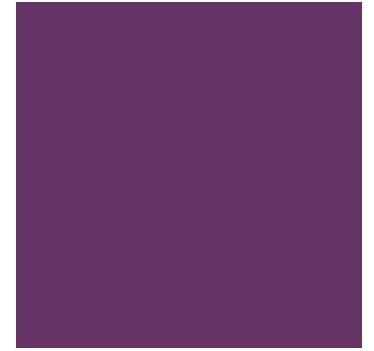
If Yes, how did they influence your body image?

Positively

Negatively

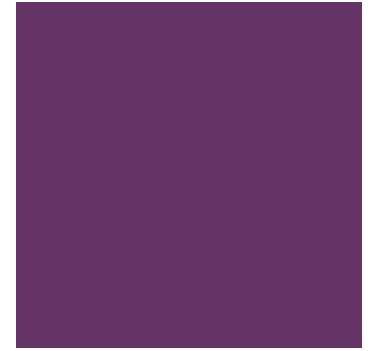
Please finish the end of the following sentence: At the end of a group fitness class I usually feel...

Survey Results



- Before class, average was 5.67 on 1-10 scale (10 positive body image, 1 negative)
- After class, average increased to 7.4 out of 10
- Of the 223 responses, 145 participants responded that the instructor DID influence their body image
 - 99% of those who responded “yes” said that the instructor positively influenced their body image during class

Survey Results (cont.)



- Written question – Negative responses
 - “like I got a **good workout or wasted my time**, depending on the instructor.”
 - “still **unsatisfied** with the way I look.”
 - “somewhat pleased, but **generally frustrated.**”
 - “like I’ve been productive **but could have done more.**”

Survey Results (cont.)



- Written question – Positive responses
 - “like a step closer to **accomplishing my goal**”
 - “it depends on the class, I always feel **positive**. But for yoga it’s more ‘zen’ but after kickboxing I feel more **kick-ass and ready to take on the world.**”
 - “like the **queen of the world**/incredibly lucky to have JMU and to be taking these classes fo[r] free.”
 - “**healthier** and skinnier as well as **more knowledgeable** about what I can do on my own without group fitness.”
 - “I feel tired, but in the dance classes they encourage you to rock out **and look sexy no matter what your body looks like.**”
 - “I feel energized and good about the time I dedicated to **improving my body and my overall health.**”

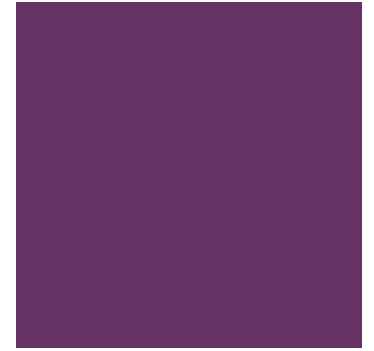
Transformational Learning



- Transformational learning is defined as:
 - **“learning that induces more far-reaching change in the learner than other kinds of learning, especially learning experiences which shape the learner and produce a significant impact, or paradigm shift, which affects the learner's subsequent experiences”**
-Jack Mezirow
- What can instructors do/say to make a long-term, positive impact on their participants?

Activity

- Develop **two personal goals** relating to positive and transformational language to apply in future group fitness classes.
 - Think-pair-share



fun.fearless.fitness



- Physical activity is fun
- Empower participants to be FEARLESS in their fitness endeavors in and out of the studio
- Starts with the language the instructor uses from the moment they put on the microphone to the time they lock the door after class