

# Aerial Hoop Study Guide

## A) WRITTEN EXAM

### Part I: Overview of Aerial Acrobatic Sport

- Define Aerial Acrobatic Sport.
- What are the physiological benefits of aerial hoop?
- What are the psychological benefits of aerial hoop?

### Part II: Safety

- What are the instructor's pre-class duties?
- What do prospective students need to know before engaging in aerial hoop activities?
- What external variables can affect an athlete's performance?
- Why is a warmup important? Define the elements of a proper warmup.
- When designing a curriculum, what are the most important points to consider?
- Enumerate the medical conditions for which aerial hoop is contraindicated
- When should medical clearance be provided before engaging in aerial activities?
- What are the goals of spotting? Explain key points to consider in deciding how to spot a skill.
- What is the most important part of the body to spot? The least? Why?

### Part III: Equipment

- Define the instructor's Scope of Practice for aerial equipment
- What is the commonly used safety ratio for calculating live loads in Canada?
- Define signs of wear that indicate soft and metal equipment need to be replaced
- What is the proper protocol with metal equipment that has been dropped?
- What is the difference between a carabiner and a shackle? What precautions need to be taken for each?
- Why are swivels used?
- When are mats required, and what are the types of mat
- List the types of grip aids and their characteristics

### Part IV: Instructional Theory

- Define the Scope of Practice of an aerial instructor.
- What is liability insurance and why is it needed
- What is a release of liability waiver
- What is a Par-Q, and who needs to fill it out
- What are the three main types of learning
- What are the benefits of:
  - Cardiovascular training
  - Resistance training
  - Flexibility training
- What is cross-training and why is it important
- Explain what a S.M.A.R.T. Goal is
- What is a typical aerial hoop class breakdown

## Part V: Common Injuries

- When is the best time to ask about potential injuries?
- Define R.I.C.E.
- What is the protocol if:
  - a student arrives to class already injured
  - a student experiences new symptoms during class
  - a student injures themselves in class
- What are common minor injuries and their treatment?
- Define the following conditions and their symptoms:
  - Shoulder impingement
  - Rotator Cuff Tear
  - Bursitis
  - Tendinopathy
  - Carpal Tunnel Syndrome
  - Strain
  - Sprain
- What can be done to avoid repetition injuries?
- Define the symptoms and immediate response for:
  - Fractures
  - Dislocation
  - Potential Head or Neck injury

## Part VI: Aerial Acrobatic Sport Industry

- Explain the difference in a Non-Profit and a For-Profit business.
- What are the different benefits and drawbacks of being an employee? An independent contractor?

## Part VII: Aerial Hoop Fundamentals:

- Define the different types of grips and their uses
- What are the key muscles and joints in:
  - Square Hang
  - Inverted Square Hang
  - Knee Hang
  - Back Balance
  - Front Balance
- What are the muscles of the rotator cuff and their roles?

## Part VIII: Aerial Hoop Training

- When deciding whether a skill is appropriate for a beginner, what aspects of the skill and student should be taken into consideration?
- What is functional training for aerial hoop?
- Define the benefits and drawbacks of on-apparatus strength conditioning

## Part IX: Warmups and Ground-based Training

- Where should the main focus of an aerial warmup be?
- Why are cross-training, and complementary floor exercises beneficial?

- What are the main movements and muscle groups used in aerial hoop? What are their crosstraining equivalents?
- What role does flexibility play in acrobatic sport?
- What is hypermobility? What are the benefits and drawbacks of it?
- What are the 3 main types of flexibility training? When are they best used?
- Explain how to stretch safely and effectively

## B) PRACTICAL EXAM PRESENTATION

### Required Core Skill Competencies

- To be performed and filmed by applicant prior to classroom demonstration.
- Applicant must name each skill as performed.

#### • List:

- All grips and fundamental hanging postures
- Front and back balances
- Trapeze mount and pullover

### Class Planning

- What is the general goal of the class?
- What level of student will be taking the class? How does this affect the planning process?
- What procedures should be performed prior to beginning class and instruction?

### Warmup

- What are the reasons and theories behind warmups?
- Chose 5-8 warmup exercises that correlate with activities

### Resistance Training

- What kinds of strength conditioning are most appropriate for a beginning class?
- Where and when will they be incorporated
- Choose 4-10 strength building exercises to incorporate that either complement or balance the Class

### Techniques & Skills

- Choose one technique and one skill, or 2 techniques to describe and instruct.
  - Why are these techniques and skill chosen? What are the benefits and goals from them: are they progressive, or an immediate gratification?
  - What are the most common problems with these activities, and how can they be anticipated?
- Troubleshoot?
- What are the movements and muscle groups involved in these activities?

### Cooldown

- Choose 5-10 stretches that correlate with the class activities
- Explain how these stretches are applicable to the classes activities.

- What type of stretching will be used? Why?