

## **Executive Summary of Practice Analysis Study**

### **Athletics and Fitness Association of America Certified Group Fitness Instructor (AFAA-CGFI)**

\*Based on the AFAA-CGFI 2021 Practice Analysis Study (ACT, 2021)

The AFAA conducted a practice analysis of group fitness instructors (GFIs). The specific purposes of the practice analysis were to a) identify and validate the essential job performance domains and tasks of GFIs, b) identify and validate the knowledge required to successfully perform the job tasks, and c) develop a new content outline and examination specifications for the GFI certification examination. The study was designed and carried out to ensure that future examinations of the AFAA-CGFI exam will validly reflect contemporary practice and assess the critical content needed by entry-level GFIs. Conduct of the practice analysis adhered to accepted psychometric principles and met credentialing industry accreditation standards.

The study was overseen by a Steering Committee that provided conceptual guidance and oversight. The primary work of the practice analysis was completed by an appointed task force of subject-matter experts (SMEs) representative of the GFI profession. The Practice Analysis Task Force (PATF) met virtually over multiple sessions and participated in numerous email-based assignments during the 9-month study to update the AFAA-CGFI test content outline (AKA "Test Blueprint") to ensure it was comprehensive, contemporary, and clear. Additional SMEs provided feedback on the ongoing work of the Task Force during the iterative update process.

After the qualitative phase of the study leading to the updated AFAA-CGFI test content outline, the quantitative phase of the study began. The revised test plan was uploaded into an online survey for collection of validation evidence from the profession. The survey was distributed to 8,678 CGFI certification holders and a random sample of 10,000 holders of the Primary Group Exercise Certification (PGEC) via individualized password-protected invitations. Customized rating scales were used to gather evidence related to practice. Survey respondents provided task-, knowledge- and domain-level ratings as well as qualitative feedback on the completeness of the content outline and completed a background questionnaire.

The PATF reviewed the results of the validation survey during a series of virtual meetings and developed recommendations regarding the final content outline and updated test specifications for the AFAA-CGFI examination. They made recommendations for the updated test plan and test specifications for subsequent forms of the CGFI exam based on data derived from survey responses. Additional details are provided in the AFAA-CGFI 2021 Practice Analysis Study Report.

An overview of the updated outline, with the number of task statements and knowledge areas in each domain, is presented below.

### Overview of CGFI Content Outline

Domains	Number of Tasks	Number of Knowledge Statements
<b>Domain 1: Fundamentals of Exercise Science</b> - This domain encompasses the scientific knowledge bases that are fundamental to all activities performed by group fitness instructors.	-	10
<b>Domain 2: Class Design and Planning</b> - This domain encompasses the essential tasks performed when designing and/or planning for a well-structured and balanced fitness class for a diverse group of participants in order to create a safe and effective class and reduce the potential for injury.	8	20
<b>Domain 3: Class Instruction and Presentation</b> - This domain encompasses the essential tasks performed to deliver a positive, safe and effective group fitness class. These tasks include coaching, demonstration, monitoring, and providing modifications.	9	16
<b>Domain 4: Professionalism</b> - This domain encompasses the essential tasks focused on working within the confines of scope of practice and safety, legal and ethical requirements, as well as tasks required to increase success as a group exercise professional.	8	13
<b>Total</b>	<b>25</b>	<b>59</b>

The PATF's recommendations and the survey data which provides the foundation for these recommendations are shown below.

### Recommendations for Updated CGFI Examination Specifications

	Survey Respondents	PATF Recommendation
Domain 1: Fundamentals of Exercise Science	27.0%	<b>27%</b>
Domain 2: Class Design and Planning	28.5%	<b>30%</b>
Domain 3: Class Instruction and Presentation	28.5%	<b>30%</b>
Domain 4: Professionalism	16.0%	<b>13%</b>