

## Microphone Advantage

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## What happens to your throat when you yell?

- \* What Do Vocal Cords Do?
- \* What Effect Does Voice Misuse Have?
- \* How Can Vocal Cord Damage be Prevented and Treated?



### 3 signs your vocal cords may be damaged

1. Two weeks of persistent hoarseness or voice change.
2. Chronic vocal fatigue.
3. Throat pain or discomfort with voice use



## What are vocal cord nodules?

Vocal cord nodules are benign (noncancerous) growths on both vocal cords

- Caused by vocal abuse.
- Resulting in soft, swollen spots on each vocal cord.
- Developing into harder, callous-like growths called nodules.



Normal



Vocal Nodules



## Can Nodules go away on their own?

- With proper voice training with a certified therapist, nodules can disappear within six to 12 weeks.
- Vocal cord polyps - With rest, some vocal cord polyps will go away on their own within a few weeks.
- Most, however, have to be removed surgically



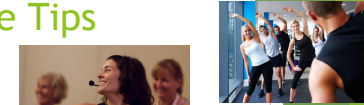
## Do I have nodules?

- Vocal nodules are commonly associated with a constellation of symptoms including:
  - progressively worsening hoarseness,
  - breathiness,
  - rough or scratchy voice, or
  - decreased pitch range.
- Additionally, patients sometimes complain of,
  - neck tightness or discomfort,
  - diminishing voice quality with use, and
  - vocal exhaustion



## Top 5 microphone Tips

- Head set set-up-where to have the ball?
- Practice
- Speak from the Diaphragm
- Less Words
- Ask for feedback?



## Save your voice

- Pre-Cue
  - Used to set up the move
  - Simple, clear, concise
- Coaching Cues
  - Enhances where the move should be felt
  - Make sure they are in proper position
- Motivational Cues
  - Keep participants going when fatigue sets in
- Non-verbal Cues
  - Visual, body language, mirroring



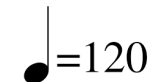
## Music Temp



Music tempo simply means the speed, or the pace, of the music. This can be demonstrated by counting each beat of music for one minute. This is also referred to as **beats per minute** or **BPM**. The BPM of playing important role in determining the progression as well as the intensity of any group exercise class.

**SPEED:** basic beats per minute guidelines are recommended for the different types of classes when the music's role is **FOREGROUND**:

Cardiovascular Conditioning 120 -160 bpm  
 Step cardiovascular conditioning 120-128 bpm  
 Strength /Endurance 120 - 135 bpm  
 Choreography Mind Body under 100 bpm



## Volume of the Music



**VOLUME** should be kept under 90 Decibels for all group fitness classes. Decibel applications exist for smart phones that tell instructors the volume of ambient noise. When possible know which decibel levels you can set your gadgets and stereo volume to during the class. Otherwise, we caution you and your best judgment to keep music at a reasonable levels.

Unfortunately, sometimes the structures use the crutches of Volume and SPEED to create intensity where as this does not always prove the desirable outcome. Music that is too loud leaves participants with impaired ear drums, and music that is too fast can a list at the momentum response and strength training with usually produces a decrease of intensity



## Cueing



- **VERBAL CUEING**
  - Includes all sounds, and language from the mouth
- **VISUAL CUEING**
  - Includes directive body language and facial expressions
- **KINESTHETIC CUEING**
  - Involves conveying a sense of how movements feel and where to feel it



## Timing Your Cues To Music

The timing of your cues is very important. If you cue too far in advance, your class will make a change without completing the current movement sequence. If the timing is too late your participants get lost.

Cue your next move (both verbally and visually where possible) on the last 4 counts of the move you are performing. This enables your students to complete the move they are doing and think about transitioning into the next. Remembering, this ability to comes with practice and patience. Do not get discouraged if it doesn't always flow.

### Important Cueing tips

1. Count down instead of counting up, 4321 Now Kick front, left
2. Use your music and cueing before the top of the next 32- count phrase to help you change moves. Again, 4-3-2-1 now kick right, left
3. Use concise cheering
4. Practice combining both visual and verbal cues simultaneously so body language complements words.



## Fitness professionalism



- Pre-class preparation
  - Be on time
  - Greet your participants
  - Have the room or area prepared
- Speed and clarity of speech
  - **Using you Microphone**
- Mirroring Participants
- Accommodating your Participants



## Inspiring Instruction

- Energy
- Preparedness
- Current fitness level
- Confidence
- Knowledge
- Motivating
- Eye contact
- Relevant
- Learn Names
- Connecting



## Thank-you

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