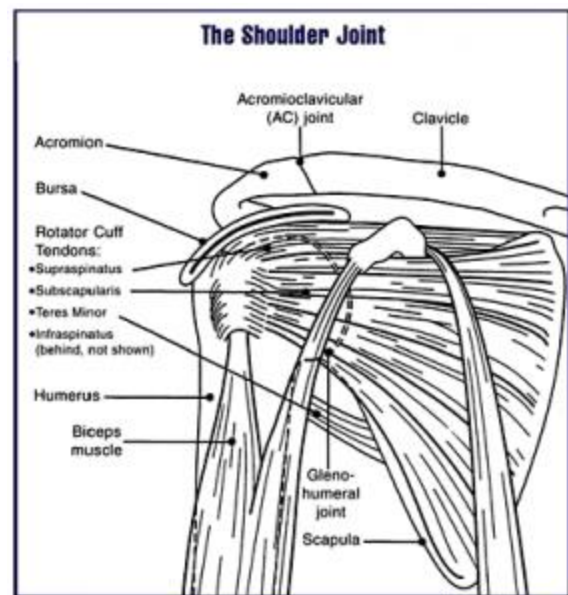


Can your pole dancing instructor protect you from the most common fitness injuries prevalent today? Does she know how to modify her classes for a woman with diabetes or a knee injury?

Pole dancing is a recent addition to the US fitness industry but there have already been numerous sport specific injuries. Just type "pole dancing accident" into any [YouTube](#) or Google browser.

Greg Welch M.S, a physiologist and the owner of [Specificit](#), believes that **the most likely injuries from pole dancing can occur at the rotator cuff**, a group of small muscles that surround and protect the shoulder ball and cuff socket.

“  
**Overuse is the #1 reason for injury.  
Physical performance... requires  
training to prevent injury**  
--- Greg Welch



## 1. Does she have a current Fitness Certification?

Although it's not a requirement in every US state, a group fitness or personal training certification is essential for any fitness instructor. American Council on Exercise ([ACE](#)) and Aerobics and Fitness Association of America ([AFAA](#)) are two of the most common US fitness organizations. They require certified instructors to prove their fitness knowledge with written and demonstrative testing. All US certifications also require the instructor to maintain an understanding of current fitness research, and trends, through continuing education.

**Benefit to you: Your instructor will help you avoid common fitness injuries with a proper warm-up, muscle specific stretching, and knowledge of first aid techniques.**

## 2. Does she have a Pole Dancing Certification or License?

Besides a fitness certification, your instructor should have a pole dancing license or certification. Many pole specific licensing programs include the basic pole dancing spins and safety techniques. Some also include 100 mentoring hours with a master instructor to ensure the new teacher learns successful training methods. There are multiple pole dancing instructor workshops available that are supported by current fitness organizations. Both AFAA and ACE offer Pole Dancing Fitness and Safety continuing education for instructors.

**Benefit to you: Your pole dancing classes will be taught using a proven method that has worked safely and effectively for hundred of students.**

### 3. Does she have a strong safety focus?

Pole dancing is based on spinning around a pole with your feet off the ground. That makes it an aerial art form with all the beauty and possible injuries from falling. Your instructor should understand aerial dance and pole spotting techniques as well as have alternative modifications for students with a wide variety of fitness levels. She should also use proper safety equipment, such as pole mats and grip aids.

**Benefit to you: Your instructor will provide a safe environment, quality equipment, and be able to adjust or fully support your weight during a difficult trick.**

### 4. Does she know poles?



There are at least a dozen manufactures that sell poles made from different materials, in different diameters, at different heights, with different features, and different mounting requirements. Manufactures vary widely as do the quality and safety of their poles. Your instructor should be aware of the most common pole variations and be able to explain the features and benefits of each type.

**Benefit to you: You instructor can help you choose a safe, professional pole for your personal practice at home or away from the studio.**

### 5. Is she committed to continuous pole training?

Even with the continuing education requirements of a fitness certification, your instructor should be constantly training. A professional instructor will maintain a personal focus on greater mastery of aerial pole dance, weight training, flexibility, and cardio endurance. Your instructor should also have an understanding of the far reaching background of pole dancing. This includes the circus and aerial acrobatics, contemporary and fosse jazz dancing, gymnastics, yoga, hip-hop club dancing, belly dancing, sensual movements, aerobic fitness, exotic or erotic dancing, and so much more.

**Benefit to you: By expanding her knowledge and abilities in pole dancing, sensual feminine movement, and in other fitness genres, your instructor will always have fresh material and new techniques to teach at every class.**

## 6. Does she create a fun learning atmosphere?

A professional pole dancing instructor will have a complete lesson plan for each class that guides students to develop playful, safe mastery of each pole trick, transition, and technique. Most great instructors encourage students to use mistakes as learning opportunities and use auditory, visual, and kinesthetic (experiential) methods to reach everyone in class. Your instructor should maintain a polite and respectful attitude and ask students before hands-on spotting or stepping into their personal space.

Plus, the studio should have enough poles for students to practice and rest as required. Greg Welch recommends "a one to three work to recovery ratio is a great place to start interval training," so no more than three students per pole.

**Benefit to you: You get a phenomenal learning experience with plenty of positive encouragement, a friendly class camaraderie, and just the right amount of pole time.**

**With the right instructor, your Pole Dancing class will be a Fun & Safe way to get fit and explore your passionate, feminine soul.**