NWANA ACADEMY

Nordic Walking Instructor Beginner Level Certification

The Purpose and Benefits of Nordic Walking

Instructor Field Reference

Study materials for Lesson 1.2, Purpose and Benefits of Nordic Walking

North American Nordic Walking Association (NWANA)

1. Purpose of This Reference

This field reference carries Lesson 1.2 into your session folder: the purposes of Nordic Walking, its key benefits in the forms an instructor may state, the technique standard in one picture, and the boundary that keeps benefit language inside the instructor's role. The lesson text in the Academy course is the primary carrier of the material.

2. The Purposes of Nordic Walking

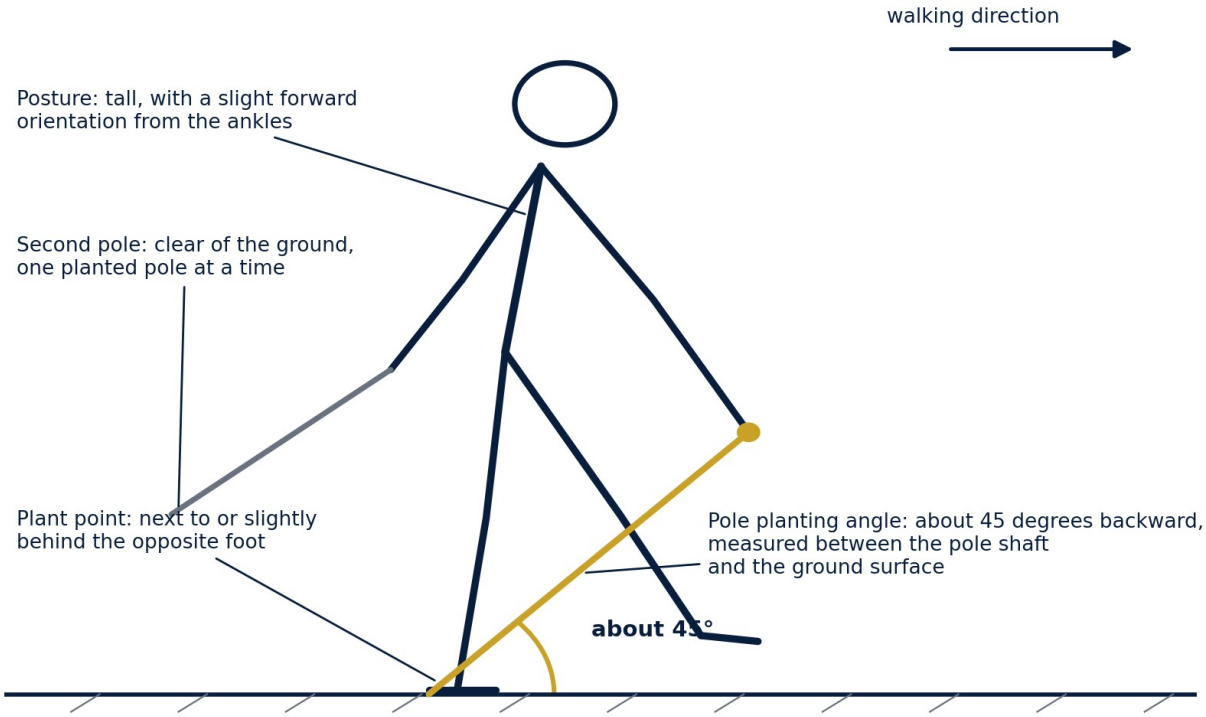
- Whole-body movement: Nordic Walking activates the upper and lower body together in one coordinated pattern, and general physical function grows from that coordination.
- Posture and alignment: the technique promotes an upright posture with a gentle forward orientation from the ankles, and participants move with more stability and confidence.
- Cardiovascular efficiency: the poles add work for the upper body, so heart rate rises at walking speeds that keep joint impact low.
- Scalable and accessible training: the same technique system adapts for beginners, older adults, people rebuilding basic mobility, conditioning groups, and sport performance development.

3. Key Benefits, in Instructor Language

- Full-body muscle activation: shoulders and arms, back and core, hips and legs work together, and the load spreads across the body in balanced involvement.
- Load distribution: load is distributed more evenly across the body, with part of the load transferred to the poles, easing the knees and hips. Natural shock absorption gains support, and stability during movement improves.
- Posture and spinal support: active pole use opens the chest, lengthens the spine, and activates the postural muscles; beginners quickly notice they stand taller and walk with more confidence.
- Energy expenditure: energy consumption rises while perceived effort stays comfortable, so participants reach meaningful training intensity and feel at ease at the same time.
- Mental and emotional benefits: rhythmic outdoor movement supports stress relief, mood, cognitive focus, and the motivation to stay active.

4. The Technique Standard in One Picture

Every benefit in section 3 comes from technique, and the technique rests on the plant. The diagram states the course standard for the plant moment:



The plant moment. The push that follows travels backward through the strap; the hand finishes fully open behind the body.

- Plant point: next to or slightly behind the opposite foot.
- Pole planting angle: about 45 degrees backward, measured between the pole shaft and the ground surface.
- Posture: tall, with a slight forward orientation from the ankles.
- Push: travels backward through the strap; the hand finishes fully open behind the body.
- The second pole travels in the recovery swing, clear of the ground: one planted pole at a time.

5. Speaking About Benefits Inside the Instructor's Role

Benefit language stays in general, verifiable forms: what the technique does for movement, posture, load distribution, and participation. Questions about a specific condition, pain, or treatment belong to medical professionals, and the instructor's answer takes the referral form:

"This question belongs to your doctor or physiotherapist. What I can do is adapt your technique and pace to how you feel today."

- State benefits in general terms that apply to the activity itself.
- Adapt technique, pace, and load to how the participant feels today.
- Refer condition and treatment questions to the participant's doctor or physiotherapist.
- Record what the participant reports and what you adapted, in the session record.

6. Field Summary

- Purpose in one line: whole-body movement, posture, cardiovascular efficiency, accessible training.
- Load sentence: load is distributed more evenly across the body, with part of the load transferred to the poles, easing the knees and hips.
- Plant standard: at the foot line, about 45 degrees backward to the ground, push backward through the strap.
- Boundary: general benefit forms in your own words; conditions and treatment to medical professionals, with the referral answer ready.