

# COURSE SYLLABUS

<b>LAST REVIEW</b>	Spring 2021
<b>COURSE TITLE</b>	Group Fitness Instructor Exam Course
<b>COURSE NUMBER</b>	EXSC-0158
<b>DIVISION</b>	Math, Science, Business & Technology
<b>DEPARTMENT</b>	Exercise Science
<b>CIP CODE</b>	24.0101
<b>CREDIT HOURS</b>	2
<b>CONTACT HOURS/WEEK</b>	Class: 2
<b>PREREQUISITES</b>	None
<b>COURSE PLACEMENT</b>	None

## COURSE DESCRIPTION

The course is designed to provide theoretical knowledge and practical skills in preparation for American Council on Exercise national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor's professional role. Upon completion of this course, students are eligible to sit for the ACE-GFI exam.

## TEXTBOOKS

<http://kckccbookstore.com/>

## METHODS OF INSTRUCTION

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, panels, conferencing, performances, and learning experiences outside the classroom. Methodology will be selected to best meet student needs.

## COURSE OUTLINE

- I. Study of Exercise Physiology
  - A. Physical Fitness
  - B. Biogenergetics of Exercise
- II. Fundamentals of Anatomy

- A. Anatomical Terminology
- B. Cardiovascular System
- C. Respiratory System
- D. Nervous System
- E. Skeletal System
- F. Muscular System
- III. Fundamentals of Applied Kinesiology
  - A. Biomechanical Principles Applied to Human Movement
  - B. Kinesiology of Lower Extremity
  - C. Kinesiology of Spine and Pelvis
  - D. Kinesiology of Upper Extremity
- IV. Introduction to Nutrition
  - A. Human Metabolism
  - B. Macronutrients
  - C. Healthy Diet
- V. Health Screening
  - A. Pre-Exercise Health Appraisal
  - B. Disease Risk Stratification
  - C. Medical/Physical Exam
- VI. Group Exercise Program Design
  - A. Group Exercise Professionalism and Attitude
  - B. Physical Fitness Assessments
  - C. Pre-Class Preparation
  - D. Warm-Up
  - E. Cardiorespiratory Segment
  - F. Muscular Strength and Endurance Segment
  - G. Flexibility Segment
- VII. Teaching a Group Exercise Class
  - A. Systematic Class Design
  - B. Understanding the Exercise Participant
  - C. Stages of Learning
  - D. Participant Needs
  - E. Program Implementation
  - F. Selecting Appropriate Teaching Techniques
  - G. Preparing and Teaching Class Activities
  - H. Providing Feedback
- VIII. Adherence and Motivation
  - A. Major Factors Influencing Physical-Activity Adherence
  - B. Characteristics of an Ideal Group Fitness Instructor

- C. Strategies That Encourage Adherence
- IX. Disabilities and Health Limitations
  - A. Metabolic Disorders
  - B. Respiratory and Pulmonary Disorders
  - C. Joint and Bone Disorders
  - D. Autoimmune Diseases
  - E. Human Development and Aging
- X. Exercise and Pregnancy
  - A. Benefits and Risks of Exercise During Pregnancy
  - B. Physiological Adaptations to Pregnancy
  - C. Musculoskeletal System Imbalances and Dysfunctions
  - D. Postnatal Exercise
- XI. Injury Prevention and Emergency Procedures
  - A. Factors Associated with Injury
  - B. General Musculoskeletal Injuries
  - C. Emergency Policy
- XII. Legal and Professional Responsibilities
  - A. Liability and Negligence
  - B. Areas of Responsibility
  - C. Accident Reporting

### **COURSE LEARNING OUTCOMES AND COMPETENCIES**

Upon successful completion of this course, the student will:

- A. The student will demonstrate the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.
  - 1. The student will be able to list the benefits of physical fitness.
  - 2. The student will be able to discuss the aerobic production of ATP.
  - 3. The student will be able to identify the basic organization of the nervous system, muscular strength and endurance, and cardiovascular-respiratory system.
- B. The student will identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.
  - 4. The student will be able to discuss the laws of inertia, law of acceleration, and law of reaction.
  - 5. The student will be able to identify the muscles of lower extremity and upper extremity.
  - 6. The student will be able to discuss muscular balance and imbalance.

- C. The student will apply various techniques and strategies to enhance exercise instruction in the group fitness setting.
  - 7. The student will be able to list the important factors that should be listed on a health screening.
  - 8. The student will be able to identify factors that create a healthy emotional teaching environment.
  - 9. The student will be able to list the 6 components that make up the pre-class preparation phase.
  - 10. The student will be able to demonstrate the 4 components of an effective warm-up program.
  - 11. The student will be able to identify the components of the cardiorespiratory segment of the instruction.
  - 12. The student will be able to discuss the two components of the flexibility segment of instruction.
  
- D. The student will demonstrate effective leadership skill.
  - 13. The student will be able to submit a group exercise instruction lesson plan that will include, class goals, class objectives, class activities, class allocations, pattern of class organization, equipment needs and appropriate exercises.
  - 14. The student will be able to compare and discuss the two basic choreographic methods.
  - 15. The student will be able to list personal factors, program factors and environmental factors that can influence the leadership style of instructor.
  - 16. The student will be able to list the characteristics of an ideal group fitness instructor.
  
- E. The student will recognize the role of the fitness instructor as it related to legal issues and professional responsibilities.
  - 17. The student will be able to identify the instructor's area of responsibility in regard to legal and professional issues.
  - 18. The student will be able to indicate the sections that should be on an accident/incident report.
  - 19. The student will be able to list the factors one should consider when developing a risk-management system.
  - 20. The student will be able to list the basic defenses against negligence claims

### **ASSESSMENT OF COURSE LEARNING OUTCOMES AND COMPETENCIES**

Student progress is evaluated through both formative and summative assessment methods. Specific details may be found in the instructor's course information document.

### **COLLEGE POLICIES AND PROCEDURES**

*Student Handbook*

<https://www.kckcc.edu/files/docs/student-resources/student-handbook-and-code-of-conduct.pdf>

*College Catalog*

<https://www.kckcc.edu/academics/catalog/index.html>

*College Policies and Statements*

<https://www.kckcc.edu/about/policies-statements/index.html>

*Accessibility and Accommodations*

<https://www.kckcc.edu/academics/resources/student-accessibility-support-services/index.html>.