COURSE INFORMATION FORM

DISCIPLINE: Physical Education

COURSE TITLE: Principles of Group Exercise Instruction

CR. HR: 2  LECT HR: 1  LAB HR: 2  CLIN/INTERN HR: 2  CLOCK HR: 2

CATALOG DESCRIPTION

To teach individuals the methods and principles necessary to safely and effectively lead a group fitness (aerobics) class. Students will be prepared to successfully complete professional certification by the course's end. Class will include choreography, proper body mechanics, form and technique, the FITT principle, target heart rate, rate of perceived exertion, prevention of injury and a variety of fitness activities.

PREREQUISITES

N/A

EXPECTED STUDENT OUTCOMES IN THE COURSE

Upon completion of this course, the student will be able to:

1. Identify the main principles of group exercise instruction
2. Explain Certification and Post-Certification options
3. Demonstrate and explain healthy fitness guidelines
4. Describe different group fitness trends and changes
5. Explain the importance and consistency of Consent Waivers
6. Apply exercise movements to music beats and counting
7. Define the four group exercise class segments
8. Explain the FITT Principle
9. Employ cuing measures to exercise movement
10. Demonstrate proper form and technique for various exercise movements
11. Identify and employ group exercise equipment
12. Identify proper muscular balance and correction of improper muscular balance
13. Classify appropriate intensity for each of the four class segments
14. Design and demonstrate a short choreography employing the methods learned
CLASS-LEVEL ASSESSMENT MEASURES

Outside Observation (1, 3, 7, 10, 11)
Quizzes (1-13)
Lab Practical (6, 9, 10, 11, 14)
Exams (1-13)

PROGRAM-LEVEL OUTCOMES ADDRESSED

n/a

General Education Outcomes

Specify which general education outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes and assessment measures.

Occupational Program Outcomes

Specify which occupational program outcomes, if any, are substantially addressed by the course by completing the “Course/Program Assessment Matrix” to show the relationship between course and program outcomes to assessment measures.
Individual instructors may order this outline as fits the needs of their individual courses. In addition, they may place more emphasis on some areas than on others. What is assured is that this particular list is covered in the course. Other topics may be added to a course as the instructor sees fit, and as time and interest allow. An *asterisk can be used to mark an item as optional.
I. The main principles of Group Exercise Instruction

A. Differences between participation and instruction of Group Exercise
   1. Professional Certifications
   2. Class Options (Step, Hi/Lo, Yoga, etc) and Differing Disciplines (choreographed, holistic, etc)
   3. Student/Instructor Relationship
      a) Knowing the audience
      b) Responsibility of healthy fitness guidelines

B. Evolution of fitness in regard to Group Exercise
   1. Fitness in our culture
      a) Fitness and Group Exercise Trends
      b) Body Image
   2. Fitness Environment
      a) Attire
      b) Positive atmosphere
   3. Marketing tactics for Group Exercise

C. Basic Components of a Group Exercise Class
   1. Indemnity Waivers, Health History and Consent for Exercise
      a) Effect of age, health and physical ability
      b) Responsibility of the instructor concerning the health of participants
   2. Principles of Muscle Balance
      a) Difference between Strength and Endurance
      b) Identifying and Correcting of Muscular Imbalance
   3. Effective Communication with a Group Exercise Class
      a) Cuing, proper form, technique and safety
   4. Fitting appropriate music into Group Exercise
      a) Copyright Laws
      b) Volume and Beat Time
c) Practice beat counting and apply it to movement

II. Breakdown of Group Exercise Class Segments

A. Movements, principles and guidelines of a Warm-Up
   1. Intensity Guidelines
   2. Safety
   3. Exercise Options

B. Application of Warm-Up information by demonstration

C. Components of the Cardio-Respiratory portion of a workout
   1. Intensity Guidelines
   2. Movement Options
   3. Cuing

D. Application of Cardio-Respiratory information by demonstration

E. Necessary strategy of Muscular Conditioning
   1. Safety and Technique
   2. Explanation of Proper Form
   3. Exercise Options/Equipment

F. Application of Muscular Conditioning information by demonstration

G. Movements, principles and guidelines of Flexibility Training and Cool-Down
   1. Cuing
   2. Technique and Safety of Flexibility
   3. Cool Down Intensity Guidelines

H. Application of Flexibility Training information by demonstration

III. Application of the Skills for Practical Instruction

A. Proper form, technique, cuing and safety of variety of Group Exercise modalities

B. Basic moves of different Group Exercise formats and disciplines

C. Choreography designed for class specific instruction

D. Proper use of Group Exercise equipment