KINE 4500-001: Individual & Group Fitness Instruction

**Fall Semester, 2012**

**Instructors:** Bill Jackson, Pam Wiggins, Christy Coleman

**Office:** Student Activities Center

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**Class Time:** MWF 1000 - 1050

**Location**: Coliseum 2116

**Required text:**

ACE’s Essentials of Exercise Science for Fitness Professionals (2010)\*

ACE Group Fitness Instructor Manual (3rd Edition, 2011)\*

**COURSE DESCRIPTION**

This course is designed to give students the knowledge and understanding necessary to prepare for the ACE Group Fitness Instructor Certification Exam and become effective group fitness instructors.

**COURSE OBJECTIVES**

Key topic areas covered include:

* Human Anatomy, Exercise Physiology, Applied Kinesiology, and Nutrition
* Who Is the ACE-certified Group Fitness Instructor?
* Principles of Pre-class Preparation and Participant Monitoring and Evaluation
* Group Exercise Program Design
* Teaching a Group Exercise Class
* Principles of Adherence and Motivation
* Exercise and Special Populations
* Exercise and Pregnancy
* The Prevention and Management of Common Injuries
* Emergency Procedures
* The Business of Group Fitness
* Legal and Professional Responsibilities

**COURSE REQUIREMENTS**

**COURSE REQUIREMENTS**Attendance

Tests/Quizzes

Assignments

**ATTENDANCE**

**Physical Activity and Wellness Program (PAWP) Attendance Policy**

The material and experiences in this class are important and if you are not in class, you cannot take an active role as a student. Class attendance and appropriate participation is paramount to your success as a student. At the discretion of the instructor, students arriving tardy to class will lose 1% of their final grade per offense. Unexcused absences cannot be made up and will result in up to 3% deduction from the student’s final grade per absence. Once a student has accrued five (5) unexcused absences he/she will not be permitted to take the final examination and will receive a grade of FA (as stipulated by the Physical Activity and Wellness Program guidelines). Moreover, students who accrue eight (8) absences, (excused, unexcused or a combination of the two types) will not be permitted to take the final examination and will receive a grade of FA. If an unusual condition such as a serious illness results in this situation (8 total absences) students are encouraged to consult the AU Bulletin and/or an academic advisor in their college to determine if they meet university guidelines for requesting withdrawal from the course.

Excused absences will be treated as follows:

1. Students must provide the instructor with a valid excuse upon returning to class (refer to Auburn University’s policy concerning class attendance and excused/unexcused absences): and
2. Make-up work developed and assigned at the discretion of the instructor must be completed within a week of the student returning to class.

If the student fails to follow these instructions the excused absence in question will be calculated as an unexcused absence. There are times when unforeseen circumstances will not allow you to attend class. Exceptions to this policy due to extreme circumstances are only permitted with the professor’s timely knowledge and approval. Arrangements to make up missed assignments and examinations due to properly authorized excused absences shall be initiated by the student within a week of the excused absence as mandated by Auburn University. Again, the format of any make-up work/assignments will be at the instructor’s discretion. Finally, the instructor will address all issues concerning absences at his/her discretion. Students are encouraged to refer to Auburn University’s policies concerning attendance, absences, academic honesty, and make-up work as found in the Auburn Bulletin.

**ATTENDANCE & PARTICIPATION**Attendance is taken at the beginning of each class period. The student is expected to attend all classes, except in the case of a university approved excused absence, medical cause or emergency as detailed in the Student Policy eHandbook. In the case of a university excused absence, all assignments will be due at the beginning of the next class attended.

**STUDENTS WITH DISABILITIES**

**STUDENTS WITH DISABILITIES**Any student needing special accommodations should inform the instructor(s) and/or contact the Program for Students with Disabilities, in 1244 Haley Center as soon as possible.

**STATEMENT of STUDENT ACCOMMODATION**

“Students who need accommodations are asked to electronically submit their approved accommodations through AU Access and to arrange a meeting during office hours the first week of classes, or as soon as possible if accommodations are needed immediately. If you have a conflict with my office hours, an alternate time can be arranged. To set up this meeting, please contact me by e-mail. If you have not established accommodations through the Office of Accessibility, but need accommodations, make an appointment with the Office of Accessibility, 1228 Haley Center, 844-2096 (V/TT).”

**ACADEMIC HONESTY**

ACADEMIC HONESTYAuburn University expects students to pursue their academic work with honesty and integrity. The Academic Honesty Code is outlined in the Student Policy eHandbook ([www.auburn.edu/studentpolicies](http://www.auburn.edu/studentpolicies) ) and contains a list of those actions that are considered cheating and the possible consequences they carry. Violations of the Academic Honesty Code will not be tolerated in this course.

**GRADING POLICY**

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Activity Points

Activity PoiTests/Quizzes 80

Attend 2 Campus Recreation Fitness Classes 10

Bonus for Perfect Attendance 10

Earned Points Letter Grade

90 and above A

89 - 80 B

79 - 70 C

69 - 60 D

59 and below F

**Class Schedule**

**Week 1**

Friday, August 17, 2012 Introduction

 Review Syllabus

**Week 2**

Monday, August 20, 2012 Exercise Science

Wednesday, August 22, 2012 Exercise Science

Friday, August 24, 2012 Exercise Science

**Week 3**

Monday, August 27, 2012 Exercise Science

Wednesday, August 29, 2012 Exercise Science

Friday, August 31, 2012 Exercise Science Exam

**Week 4**

Monday, September 3, 2012 Labor Day Holiday

Wednesday, September 5, 2012 Chapter 1 – Who Is the ACE-certified Group Fitness Instructor?

Friday, September 7, 2012 Chapter 2 – Principles of Pre-Class Preparation

**Week 5**

Monday, September 10, 2012 Chapter 3 – Group Exercise Program Design

Wednesday, September 12, 2012 Chapter 3 – Group Exercise Program Design

Friday, September 14, 2012 Chapter 3 – Group Exercise Program Design

**Week 6**

Monday, September 17, 2012 Chapter 4 – Teaching a Group Exercise Class

Wednesday, September 19, 2012 Chapter 4 – Teaching a Group Exercise Class

Friday, September 21, 2012 Chapter 4 – Teaching a Group Exercise Class

**Week 7**

Monday, September 24, 2012 Chapter 5 – Principles of Adherence

Wednesday, September 26, 2012 Chapter 6 – Special Populations

Friday, September 28, 2012 Chapter 6 – Special Populations

**Week 8**

Monday, October 1, 2012 Chapter 7 – Exercise and Pregnancy

Wednesday, October 3, 2012 Chapter 8 – Management of Common Injuries

Friday, October 5, 2012 Chapter 8 – Management Common Injuries

**Week 9**

Monday, October 8, 2012 Chapter 9 – Emergency Procedures

Wednesday, October 10, 2012 Chapter 9 – Emergency Procedures

Friday, October 12, 2012 Chapter 9 – Emergency Procedures

**Week 10**

Monday, October 15, 2012 Chapter 10 – Business of Group Fitness

Wednesday, October 17, 2012 Chapter 11 – Legal Responsibilities

Friday, October 19, 2012 Appendix D – Group Fitness Specialities

**Week 11**

Monday, October 22, 2012 Appendix D – Group Fitness Specialities

Wednesday, October 24, 2012 Appendix D – Group Fitness Specialities

Friday, October 26, 2012 Appendix D – Group Fitness Specialities

**Week 12**

Monday, October 29, 2012 Practical Exam

Wednesday, October 31, 2012 Appendix D – Group Fitness Specialities

Friday, November 2, 2012 Appendix D – Group Fitness Specialities

**Week 13**

Monday, November 5, 2012 Appendix D – Group Fitness Specialities

Wednesday, November 7, 2012 Practical Exam

Friday, November 9, 2012 Appendix D – Group Fitness Specialities

**Week 14**

Monday, November 12, 2012 Appendix D – Group Fitness Specialities

Wednesday, November 14, 2012 Appendix D – Group Fitness Specialities

Friday, November 16, 2012 Practical Exam

**Week 15**

Monday – Friday, November 19 – 23, 2012 Thanksgiving Break

**Week 16**

Monday, November 26, 2012 - Exam Review – Practical Make-ups

Wednesday, November 28, 2012 - Exam Review

Friday, November 30, 2012 - Exam

You are required to read the Chapters indicated on the Syllabus prior to attending class.

***The instructor reserves the right to modify the syllabus during the semester.***

1 ACE’s Essentials of Exercise Science for Fitness Professionals

2 ACE Group Fitness Instructor Manual

**AU eValuate**

Students are encouraged to submit course evaluations through AU eValuate. Fall Semester evaluation dates:

Open: November 29, 2012 (8:00 am)

Closed: December 2, 2012 (11:59 pm)

\* *Order books directly from ACE at* [*www.acefitness.org/students*](http://www.acefitness.org/students) *at a discount.*