KINE 4500-001: Individual & Group Fitness Instruction

**Fall Semester, 2013**

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

**Office:** Recreation and Wellness Center

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**Class Time:** 10:00 – 10:50

**Location**: 2116 Colesium

**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

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 Tiger Cub. 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 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. Bring a copy of your Accommodation Memo and an Instructor Verification Form to the meeting. If you do not have an Accommodation Memo but need accommodations, make an appointment with The Program for Students with Disabilities, 1244 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 Tiger Cub 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 Precentage of Total Points

Activity PoiTests & Quizzes 350

Presentations (8) 160

Attend 2 Campus Recreation Fitness Classes 40

Bonus for Perfect Attendance 10

Earned Total Points Letter Grade

495 and above A

440 - 494 B

385 - 439 C

330 - 384 D

329 and below F

**Class Schedule**

**Week 1**

Wednesday, August 21, 2013 Introduction

Review Syllabus

Friday, August 23, 2013 Exercise Science

**Week 2**

Monday, August, 26, 2013 Exercise Science

Wednesday, August 28, 2013 Exercise Science

Friday, August 30, 2013 Exercise Science

**Week 3**

Monday, September 2, 2013 Holiday

Wednesday, September 4, 2013 Exercise Science

Friday, September 6, 2013 Exam

**Week 4**

Monday, September 9, 2013 Course Practical Expectations, Team Building – Group Activity - Study Guides for all Chapters Distributed

Wednesday, September 11, 2013 Set S.M.A.R.T. Fitness Career Goals - Chapter 5

Exercise Adherence

Friday, September 13, 2013 Group Activity Assigned - Chapter 5 Quiz Review

**Week 5**

Monday, September 16, 2013 Chapter 5 Presentation – Chap. 5 Quiz

Wednesday, September 18, 2013 Chapter 3 – Group Activity Assigned 1 – Warm-ups

Friday, September 20, 2013 Chapter 3 review; Practice Presentation in Groups

**Week 6**

Monday, September 23, 2013 Group Presentations

Wednesday, September 25, 2013 Group Presentations continued. – Chapter 3 Quiz

Friday, September 27, 2013 Chapter 4 – Regressions/Progressions, Cueing, Activity Handout – Groups of 2 chosen to present four movements or exercises with regressions/progression/cues and flow.

**Week 7**

Monday September 30, 2013 Chapter 4 – Practice with group

Wednesday, October 2, 2013 Chapter 4 – Presentations; Quiz 4 review

Friday, October 4, 2013 Chapter 4 – Presentations continued; Quiz 4

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**Week 8**

Monday, October 7, 2013 Chapter 2 & 7 – Exercise and Pregnancy

Wednesday, October 9, 2013 Group Activity – Group 1 Designing a Class for Pregnant Participants

Group 2 – How to Monitor Intensity for all populations; Quiz

review

Friday, October 11, 2013 Practice – Chapter 2 & 7 Quiz

**Week 9**

Monday, October 14, 2013 Presentations

Wednesday, October 16, 2013 Chapter 10/11 – Business and Legal and Professional

Friday, October 18, 2013 Chapter 10/11 Quiz – extra credit participate in cycling, TRX, Boot Camp

**Week 10**

Monday, October 21, 2013 Chapter 6 – Special Populations - Assign Group Activity

Wednesday, October 23, 2013 Chapter 6 – Practice - 3 cardio (diabetes, hypertension, COPD) and 3 strength (arthritis, musculoskeletal injury, and osteoporosis) models for presentation

Friday, October 25, 2013 Presentations, Quiz on Chapter 6.

**Week 11**

Monday, October 28, 2013 Presentations Chapter 6 Cont’d.

Wednesday, October 30, 2013 Chapter 9 – Emergency Procedures

Friday, November 1, 2013 Chapter 9 – Quiz; Intro Chapter 8

**Week 12**

Monday, November 4, 2013 Chapter 8 – Assign Individual Activity for Chapters 8 & 9

Wednesday, November 6, 2013 Chapter 8 Quiz; Practice for presentations

Friday, November 8, 2013 Chapter 8 & 9 - Presentations

**Week 13**

Monday, November 11, 2013 Presentations Cont’d. – Chapter 8 & 9

Wednesday, November 13, 2013 Presentations Cont’d. – Chapter 8 & 9

Friday, November 15, 2013 Appendix D – Specialties; Rip Trainer, Core Barre

**Week 14**

Monday, November 18, 2013 Individual Activity – Assigned a topic as it relates to the final exam. Presentation is a five minute topic review.

Wednesday, November 20, 2013 Practice - Presentations

Friday, November 22, 2013 Presentations

**Week 15**

Monday, December 2, 2013 Presentations

Wednesday, December 4, 2013 Presentations

Friday, December 6, 2013 Final 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