# \*\*Please make sure to check the following link frequently for changes in University policy regarding operation during the COVID-19 pandemic.\*\*

<https://ahealthieru.auburn.edu/>

**COVID-specific policies relevant to this course can be found later in this syllabus.**

KINE 4500-000: Individual and Group Fitness Instruction

**Fall Semester, 2020 Instructor:** Sarah Goodwin

**Offices:** Recreation and Wellness Center

**Office Phone:** 844-0118

**Email:** [crowsar@auburn.edu](mailto:cmc0036@auburn.edu)

**Class Time:** Tuesdays/Thursdays 8:00 – 9:15 am

**Location**: Student Act 147

# Required text:

ACE Group Fitness Instructor Manual ( Edition, ) - purchase through ACE online

Also required: Purchase Group Fit semester pass - $50 through RWC Connect on Auburn Campus Recreation website <http://campusrec.auburn.edu/>

# 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, Human Movement 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 Population
* Exercise and Pregnancy
* The Prevention and Management of Common Injuries
* Emergency Procedures
* The Business of Group Fitness
* Legal and Professional Responsibilities

# 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

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

Auburn 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.

**\*\*COVID-19 POLICIES\*\***

**Attendance Policy**

Your health and safety, and the health and safety of your peers, are my top priorities. If you are experiencing any symptoms of COVID-19, or if you discover that you have been in close contact with others who have symptoms or who have tested positive, you should not attend in-person classes. My hope is that if you are feeling ill or if you have been exposed to someone with the virus, you will stay home to protect others.

Please do the following in the event of an illness or COVID-related absence:

* Notify me in advance of your absence if possible (or within 48 hours of missed class)
* Keep up with coursework as much as possible
* Participate in class activities and submit assignments electronically as much as possible
* Notify me if you require a modification to the deadline of an assignment or exam

Finally, if remaining in a class and fulfilling the necessary requirements becomes impossible due to illness or other COVID-related issues, please let me know as soon as possible so we can discuss your options.

**Face Covering Policy**

In response to COVID-19, and in alignment with Auburn University's Presidential directives, and local, state, and national health official guidelines face coverings are required at all times while on campus, except when alone in a private office. This includes the classroom, laboratory, studio, creative space, or any type of in-person instructional activity, and public spaces. "A “face covering” is defined as a “covering that fully covers a person’s nose and mouth, including without limitation, cloth face mask, surgical mask, towels, scarves, and bandanas.

If a student has a medical exception to the face covering requirement, please contact the Office of Accessibility to obtain appropriate documentation.

**Instructional Contingency Plan**

If normal class and/or lab activities are disrupted due to illness, emergency, or crisis situation (such as a COVID-19 outbreak), the syllabus and other course plans and assignments may be modified to allow completion of the course. If this occurs, an addendum to your syllabus and/or course assignments will replace the original materials. If the method of delivery should need to be changed throughout the course of the semester, please look to your Canvas page for announcements.

# GRADING POLICY

Course grades will be determined on the following point system:

Activity Percentage:

Activity Participation/Tests 30%

Lab Presentations/Activities 30%

Attendance 10%

Final Practical 20%

Final Test 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

Tuesday, August 18, 2020 Introduction Review Syllabus

Thursday, August 20, 2020

*Syllabus Quiz (online)*

# Week 2

Tuesday, August 25, 2020

Thursday, August 27, 2020

# Week 3

Tuesday, September 1, 2020

Thursday, September 3, 2020

*Quiz 1 (online)*

# Week 4

Tuesday, September 8, 2020

Thursday, September 10, 2020

# Week 5

Tuesday, September 15, 2020

Thursday, September 17, 2020

Chapter 1 – Role of the Group Fitness Instructor

Chapter 2 - Getting to the Core of Class Offerings

Chapter 3 - Understanding Human Movement

*Attend a HIIT/Cardio class*

Chapter 3 - Understanding Human Movement (CONT)

LAB - Practical Application – Warm up, Conditioning, Cool down/Stretch; Principles of Training (INTRO)

LAB - Plans of Motion; 4 Phases of IFT Model for Functional Movement and Resistance and Cardio Training

Chapter 4 - Key Considerations for Group Fitness Classes

*Attend a Strength Class*

Chapter 4 - Key Considerations for Group Fitness (CONT)

LAB - Practical Application– Equipment, Music, Monitoring Intensity

LAB - Practical Application - Format types and instruction

# Week 6

Tuesday, September 22, 2020

Thursday, September 24, 2020

# Week 7

Tuesday, September 29, 2020

Thursday, October 1, 2020

# Week 8

Tuesday, October 6, 2020

Thursday, October 8, 2020

# Week 9

Tuesday, October 13, 2020

Thursday, October 15, 2020

*Quiz 2 (online)*

# Week 10

Tuesday, October 20, 2020

Thursday, Oct 22, 2020

Chapter 5 - Designing a Class Blueprint

*Attend a Mind/Body Class*

Chapter 5 - Designing a Class Blueprint (CONT); Warm up and Cool down

LAB - Practical Application - Templates for Classes; Identify Your Teaching Style

LAB - Practical Application - Templates for Classes; Identify Your Teaching Style (CONT)

Chapter 6 – Creating Memorable Movement Practical;

*Attend a class of your choice*

Chapter 7 - Day-Of Preparation for Classes

LAB - Practical Application – Presentation Skills , Present Blueprint

LAB - Practical Application - Pre-Class Prep; Cycle class

Chapter 8 - Leading Group Fitness Classes Chapter 8 - Leading Group Fitness Classes (CONT)

# Week 11

Tuesday, October 27, 2020

Thursday, October 29, 2020

# Week 12

Tuesday, November 3, 2020

Thursday, November 5, 2020

# Week 13

Tuesday, November 10, 2020

*Quiz 3 (online)*

Thursday, November 12, 2020

# Week 14

Tuesday, November 17, 2020

*Quiz 4 (online)*

Thursday, November 19, 2020

# Week 15

Tuesday, November 24, 2020

LAB - Practical Application - Breakdown Blueprint with Progressions and Regression; Practice teaching format

LAB - Practical Application - Breakdown Blueprint with Progressions and Regression; Practice teaching format

Chapter 9 - Fostering Inclusive Experiences

*Attend a Pilates or Yoga Class*

Chapter 10 - Strategy for Enhancing Instruction

Chapter 11 - Making Participant Safety a Priority

LAB - Practical Application - Self-Evaluation Process: Practice teaching format

LAB - Practical Application - Practice teaching format

Chapter 12 - Principles of Nutrition for the GFI

Chapter 13 - Legal Guidelines and Professional Responsibilities LAB - Final Practical

LAB - Final Practice

# Week 16

Thursday, December 3, 2020

Written Final Exam Opens (online)

You are required to read the Chapters indicated on the Syllabus prior to attending class. You are required to purchase a Group Fitness Pass by August 31

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