KINE 4500-000: Group Fitness Instruction

**Spring Semester, 2020**

**Instructors:** Christy Coleman, Sarah Goodwin

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**Class Time:** M, W, F 8:00 – 8:50

**Location**: Student Act

**Required text:**

ACE Group Fitness Instructor Manual ( Edition, )

**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 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 Percentage:

Activity PoiTests 30%

Lab Presentations/Activities 30%

Attendance 20%

Final Practical 10%

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**

Wednesday, January 8, 2020 Introduction

Review Syllabus

Friday, January 10, 2020 Chapter 1 – Role of the Group Fitness Instructor– *Attend a class in preparation for LAB (Cardio or HIIT)*

**Week 2**

Monday, January 13, 2020 Chapter 2 - Getting to the Core of Class Offerings

Wednesday, January 15, 2020 Practical Application – Warm up, Conditioning, Cool down/Stretch; Principles of Training (INTRO)

Friday, January 17, 2020 Chapter 3 - Understanding Human Movement

**Week 3**

Monday, January 20, 2020 MLK Day; NO Class

Wednesday, January 22, 2020 Chapter 3 - Understanding Human Movement

Friday, January 24, 2020 Practical Application – Planes of Motion; Quiz 1 (online)

**Week 4**

Monday, January 27, 2020 Chapter 4 - Key Considerations for Group Fitness Classes – *Attend a Strength Class*

Wednesday, January 29, 2020 Practical – Equipment, Music, Monitoring Intensity

Friday, January 31, 2020 Chapter 5 – Designing a Class Blueprint

**Week 5**

Monday, February 3, 2020 Chapter 5 – Designing a Class Blueprint (CONTINUED); Create Warmup and Cooldown – *Attend a Mind/Body Class*

Wednesday, February 5, 2020 Practical Application – Templates for Classes; Identify Your Teaching Style

Friday, February 7, 2020 Practical Application– Templates for Classes; Identify Your Teaching Format

**Week 6**

Monday, February 10, 2020 Chapter 6 – Creating Memorable Movement Experiences; SMART GOALS

Wednesday, February 12, 2020 Practical Application– Presentation Skills, Present Blueprint

Friday, February 14, 2020 Chapter 6 – Creating Memorable Movement Experiences (CONT)

**Week 7**

Monday, February 17, 2020 Chapter 7 Day - Of Preparation for Classes – *Attend a class of your choice*

Wednesday, February 19, 2020 Practical Application – Cycle Class, Pre-Class Prep; Quiz 2 (online)

Friday, February 21, 2020 Chapter 8 - Leading Group Fitness Classes

**Week 8**

Monday, February 24, 2020 Chapter 8 - Leading Group Fitness Classes (CONT)

Wednesday, February 26, 2020 Practical Application– Breakdown Blueprint with Progressions and Regressions

Friday, February 28, 2020 Practical Application– Breakdown Blueprint with Progressions and Regressions

**Week 9**

Monday, March 3, 2020 Chapter 9 – Fostering Inclusive Experiences – *Attend a Pilates or Yoga Class*

Wednesday, March 5, 2020 Chapter 9 – Fostering Inclusive Experiences

Friday, March 7, 2020 Practical Application – Practice Blueprint + Warmup

**Week 10**

SPRING BREAK

**Week 11**

Monday, March 16, 2020 Chapter 10 – Strategy for Enhancing Instruction; Quiz 3 (online)

Wednesday, March 18, 2020 Practical Application – Self-Evaluation Process

Friday, March 20, 2020 Chapter 11 – Making Participant Safety a Priority

**Week 12**

Monday, March 23, 2020 Practical Application – Common Injuries & Identifying High-risk Participants

Wednesday, March 25, 2020 Chapter 11 – Making Participant Safety a Priority

Friday, March 27, 2020 Chapter 12 – Principles for Nutrition for the Group Fitness Instructor

**Week 13**

Monday, March 30, 2020 Practical Application – Lead full class

Wednesday, April 1, 2020 Practical Application – Lead full class

Friday, April 3, 2020 Chapter 13 – Legal Guidelines and Professional Responsibilities; Quiz 4 (online)

**Week 14**

Monday, April 6, 2020 Practical Application – Lead full class

Wednesday, April 8, 2020 Practical Application – Lead full class

Friday, April 10, 2020 Material Review

**Week 15**

Monday, April 13, 2020 Material Review; Open Written Final Exam

Wednesday, April 15, 2020 Practical Application - TRX Class

Friday, April 17, 2020 Practical Application - Kettlebells

**Week 16**

Monday, April 20, 2020 Practical Final Exam

Wednesday, April 22, 2020 Practical Final Exam

Friday, April 24, 2020 Practical Final Exam

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

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

ACE Group Fitness Instructor Manual