# \*\*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

**Spring Semester, 2021 Instructor:** Sarah Goodwin

**Offices:** Recreation and Wellness Center

**Office Phone:** 844-0118

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

**Class Time:** MWF 8:00 – 8:50 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

Monday, January 11, 2021 Introduction Review Syllabus

Wednesday, January 13, 2021

Friday, January 15, 2021

*Syllabus Quiz (online)*

# Week 2

Monday, January 18, 2021

Wednesday, January 20, 2021

Friday, January 22, 2021

# Week 3

Monday, January 25, 2021

Wednesday, January 27, 2021

*Quiz 1 (online)*

Friday, January 29, 2021

# Week 4

Monday, February 1, 2021

Wednesday, February 3, 2021

Friday, February 5, 2021

Ch. 1 – Role of the Group Fitness Instructor

Ch. 2 - Getting to the Core of Class Offerings

MLK day; NO Class

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

Ch. 3 - Understanding Human Movement

Ch. 3 - Understanding Human Movement (CONT)

LAB- Practical Application – Planes of Motion

Ch. 4 - Key Considerations for Group Fitness Classes

*Attend a Cardio/HIIT class*

Ch. 4 - Key Considerations for Group Fitness (CONT)

LAB – Equipment, Music, Monitoring Intensity

Ch. 5 – Designing a Class Blueprint

# Week 5

Monday, February 8, 2021

Wednesday, Feb 10, 2021

Friday, February 12, 2021

# Week 6

Monday, February 15, 2021

Wednesday, Feb 17, 2021

Friday, February 19, 2021

# Week 7

Monday, February 22, 2021

Wednesday, Feb 24, 2021

*Quiz 2 (online)*

Friday, February 26, 2021

# Week 8

Monday, March 1, 2021

Wednesday, March 3, 2021

Ch. 5 - Designing a Class Blueprint (CONT);

Warmup and Cool Down

*Attend a Strength Class*

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

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

Ch. 6 – Creating Memorable Movement Practical;

LAB - Practical Application – Presentation Skills , Present Blueprint

Ch. 6 – Creating Memorable Movement Practical (CONT);

*SMART GOALS*

Ch. 7 - Day-Of Preparation for Classes

*Attend a Mind/body Class*

LAB - Practical Application - Pre-Class Prep

Ch. 8 - Leading Group Fitness Classes

Ch. 8 - Leading Group Fitness Classes (CONT)

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

# Friday, March 5, 2021

# Week 9

Monday, March 8, 2021

Wednesday, March 10, 2021

Friday, March 12, 2021

# Week 10

Monday, March 15, 2021

*Quiz 3 (online)*

Wednesday, March 17, 2021

Friday, March 19, 2021

# Week 11

Monday, March 22, 2021

Wednesday, March 24, 2021

Friday, March 26, 2021

# Week 12

Monday, March 29, 2021

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

Ch. 9 - Fostering Inclusive Experiences

*Attend a class of your choice*

Wellness Day – NO Class

LAB – Practice Blueprint + Warmup and Cool Down

Ch. 10 - Strategy for Enhancing Instruction

LAB – Practical Application – Self-Evaluation Process

Ch. 11 - Making Participant Safety a Priority

Ch. 11 - Making Participant Safety a Priority (CONT)

LAB - Practical Application – Common Injuries & Identifying High-Risk Participants

Ch. 12 – Principles for Nutrition for the Group Fitness Instructor

LAB – Practical Application – Lead full class

Wednesday, March 31, 2021

LAB – Practical Application - Lead full class

Friday, April 2, 2021 Ch. 13 – Legal Guidelines and Professional Responsibilities

**Week 13**

Monday, April 5, 2021 LAB – Practical Application – Lead full class

*Quiz 4 (online)*

Wednesday, April 7, 2021 LAB– Practical Application – Lead full class

Friday, April 9, 2021 Material Review

**Week 14**

Monday, April, 12, 2021 LAB – Mind/Body class

Wednesday, April 14, 2021 LAB – Kettlebell class

Friday, April 16, 2021 Material Review

**Week 15**

Monday, April 19, 2021 Practical Final Exam

Tuesday, April 21, 2021 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  January 25, 2021.

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

ACE Group Fitness Instructor Manual