SYLLABUS

DATE OF LAST REVIEW: 02/2013

CIP CODE: 24.0101

SEMESTER: Departmental Syllabus

COURSE TITLE: Group Fitness Instructor Exam Review Course

COURSE NUMBER: EXSC0158

CREDIT HOURS: 2 credit hours

INSTRUCTOR: Departmental Syllabus

OFFICE LOCATION: Departmental Syllabus

OFFICE HOURS: Departmental Syllabus

TELEPHONE: Departmental Syllabus

EMAIL: KCKCC-issued email accounts are the official means for electronically communicating with our students.

PREREQUISITE(S): None

REQUIRED TEXT AND MATERIALS: Please check with the KCKCC bookstore. http://www.kckccbookstore.com/, for the required texts for your particular class.

COURSE DESCRIPTION: The course is designed to provide theoretical knowledge and practical skills in preparation for American Council on Exercise national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor-participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor-to-participant communication techniques, methods for enhancing group leadership, and the group fitness instructor’s professional role. Upon completion of this course, students are eligible to sit for the ACE-GFI exam.

COURSE OUTLINE:

I. Study of Exercise Physiology
   A. Physical Fitness
   B. Biogeneretics of Exercise

II. Fundamentals of Anatomy
   A. Anatomical Terminology
B. Cardiovascular System
C. Respiratory System
D. Nervous System
E. Skeletal System
F. Muscular System

III. Fundamentals of Applied Kinesiology
   A. Biomechanical Principles Applied to Human Movement
   B. Kinesiology of Lower Extremity
   C. Kinesiology of Spine and Pelvis
   D. Kinesiology of Upper Extremity

IV. Introduction to Nutrition
   A. Human Metabolism
   B. Macronutrients
   C. Healthy Diet

V. Health Screening
   A. Pre-Exercise Health Appraisal
   B. Disease Risk Stratification
   C. Medical/Physical Exam

VI. Group Exercise Program Design
   A. Group Exercise Professionalism and Attitude
   B. Physical Fitness Assessments
   C. Pre-Class Preparation
   D. Warm-Up
   E. Cardiorespiratory Segment
   F. Muscular Strength and Endurance Segment
   G. Flexibility Segment

VII. Teaching a Group Exercise Class
   A. Systematic Class Design
   B. Understanding the Exercise Participant
   C. Stages of Learning
   D. Participant Needs
   E. Program Implementation
   F. Selecting Appropriate Teaching Techniques
   G. Preparing and Teaching Class Activities
   H. Providing Feedback

VIII. Adherence and Motivation
   A. Major Factors Influencing Physical-Activity Adherence
   B. Characteristics of an Ideal Group Fitness Instructor
   C. Strategies That Encourage Adherence

IX. Disabilities and Health Limitations
A. Metabolic Disorders
B. Respiratory and Pulmonary Disorders
C. Jones and Bone Disorders
D. Autoimmune Diseases
E. Human Development and Aging

X. Exercise and Pregnancy
   A. Benefits and Risks of Exercise During Pregnancy
   B. Physiological Adaptations to Pregnancy
   C. Musculoskeletal System Imbalances and Dysfunctions
   D. Postnatal Exercise

XI. Injury Prevention and Emergency Procedures
   A. Factors Associated with Injury
   B. General Musculoskeletal Injuries
   C. Emergency Policy

XII. Legal and Professional Responsibilities
   A. Liability and Negligence
   B. Areas of Responsibility
   C. Accident Reporting

EXPECTED LEARNER OUTCOMES:

A. The student will demonstrate the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.
B. The student will identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.
C. The student will apply various techniques and strategies to enhance exercise instruction in the group fitness setting.
D. The student will demonstrate effective leadership skill.
E. The student will recognize the role of the fitness instructor as it related to legal issues and professional responsibilities.

COURSE COMPETENCIES:

The student will demonstrate the application of principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction.

1. The student will be able to list the benefits of physical fitness.
2. The student will be able to discuss the aerobic production of ATP.
3. The student will be able to identify the basic organization of the nervous system, muscular strength and endurance, and cardiovascular-respiratory system.

The student will identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility.
4. The student will be able to discuss the laws of inertia, law of acceleration, and law of reaction.
5. The student will be able to identify the muscles of lower extremity and upper extremity.
6. The student will be able to discuss muscular balance and imbalance.

_The student will apply various techniques and strategies to enhance exercise instruction in the group fitness setting._

7. The student will be able to list the important factors that should be listed on a health screening.
8. The student will be able to identify factors that create a healthy emotional teaching environment.
9. The student will be able to list the 6 components that make up the pre-class preparation phase.
10. The student will be able to demonstrate the 4 components of an effective warm-up program.
11. The student will be able to identify the components of the cardiorespiratory segment of the instruction.
12. The student will be able to discuss the two components of the flexibility segment of instruction.

_The student will demonstrate effective leadership skill._

13. The student will be able to submit a group exercise instruction lesson plan that will include, class goals, class objectives, class activities, class allocations, pattern of class organization, equipment needs and appropriate exercises.
14. The student will be able to compare and discuss the two basic choreographic methods.
15. The student will be able to list personal factors, program factors and environmental factors that can influence the leadership style of instructor.
16. The student will be able to list the characteristics of an ideal group fitness instructor.

_The student will recognize the role of the fitness instructor as it related to legal issues and professional responsibilities._

17. The student will be able to identify the instructor’s area of responsibility in regard to legal and professional issues.
18. The student will be able to indicate the sections that should be on an accident/incident report.
19. The student will be able to list the factors one should consider when developing a risk-management system.
20. The student will be able to list the basic defenses against negligence claims.

**ASSESSMENT OF LEARNER OUTCOMES:**
Student progress is evaluated by means of exams, written assignments, and class participation.

SPECIAL NOTES:

This syllabus is subject to change at the discretion of the instructor. Material included is intended to provide an outline of the course and rules that the instructor will adhere to in evaluating the student’s progress. However, this syllabus is not intended to be a legal contract. Questions regarding the syllabus are welcome at any time.

Kansas City Kansas Community College is committed to an appreciation of diversity with respect for the differences among the diverse groups comprising our students, faculty, and staff that is free of bigotry and discrimination. Kansas City Kansas Community College is committed to providing a multicultural education and environment that reflects and respects diversity and that seeks to increase understanding.

Kansas City Kansas Community College offers equal educational opportunities to all students as well as serving as an equal opportunity employer for all personnel. Various laws, including Title IX of the Educational Amendment of 1972, require the college’s policy on non-discrimination be administered without regard to race, color, age, sex, religion, national origin, physical handicap, or veteran status and that such policy be made known.

Kansas City Kansas Community College complies with the Americans with Disabilities Act. If you need accommodations due to a documented disability, please contact the Director of the Academic Resource Center, in Rm. 3354 or call at: 913-288-7670.