SYLLABUS

DATE OF LAST REVIEW: 02/2013
CIP CODE: 24.0101
SEMESTER: Departmental Syllabus
COURSE TITLE: Group Exercise Teaching Methods
COURSE NUMBER: EXSC0200
CREDIT HOURS: 2 hrs.
INSTRUCTOR: Departmental Syllabus
OFFICE LOCATION: Departmental Syllabus
OFFICE HOURS: Departmental Syllabus
TELEPHONE: Departmental Syllabus
EMAIL: Departmental Syllabus

KCKCC issued email accounts are the official means for communicating with our students.

PREREQUISITES: 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:

Group exercise teaching methods is designed to prepare Exercise Science majors to organize, lead, and evaluate their participants in various types of health/fitness activities. Topics include class lesson plan development, proper body mechanics and techniques, FIT principle, target rate heart, rate of perceive exertion, safety/injury prevention, choreography, and a variety of fitness activities.

METHOD OF INSTRUCTION:

A variety of instructional methods may be used depending on content area. These include but are not limited to: lecture, multimedia, cooperative/collaborative learning, labs and demonstrations, projects and presentations, speeches, debates, and panels, conferencing, learning experiences, and performances outside the classroom. Methodology will be selected
to best meet student needs.

COURSE OUTLINE:

I. Basic Exercise Standards and Guidelines
II. Exercise Modality
III. Components of Physical Fitness
IV. Principles of Training
V. Frequency of Aerobic Training
VI. Muscle Balancing
VII. Speed, Isolation and Resistance
VIII. Class Format
   A. Pre-class Instruction
   B. Warm-up
   C. Work-out
   D. Cool-down
IX. Instructional Methods
X. Pre-Class Procedures
XI. Intensity Monitoring
XII. Aerobic and Anaerobic
XIII. Choreography

EXPECTED LEARNER OUTCOMES:

A. The student will be able to develop a lesson plan.
B. The student will be able to lead and evaluate a fitness class.
C. The student will be to implement basic exercise standards and guidelines
D. The student will be able to identify components of fitness.
E. The student will be able to choreograph a fitness routine.

COURSE COMPETENCIES:

*The student will be able to develop a lesson plan.*
1. The student will be able to follow guideline for class design and format.
2. The student will be able to list pre-class procedures.

*The student will be able to lead and evaluate a fitness class.*
3. The student will be able to develop warm-up, exercise, and cool-down for a specific activity.
4. The student will be able to describe appropriate warm-up and cool-down activities.
5. The student will be able to explain the RICE procedure for injury treatment.
6. The student will be able to positively motivate the group and to communicate and interact effectively with members of the group.
7. The student will be able to describe the skill needed to measure pulse rate accurately both
at rest and during exercise.

8. The student will demonstrate the proper form, alignment, and technique in typical exercises used in the warm-up, stimulus, muscle conditioning and cool-down phases of a group exercise session.

The student will be to implement basic exercise standards and guidelines

9. The student will be able to differentiate between aerobic and anaerobic activities
10. The student will be able to determine intensity/duration by using the Borg Scale of Perceived Exertion.
11. The student will be able to demonstrate practical skills and abilities associated with group exercise leadership.
12. The student will identify basic precautions that are taken in a group exercise setting to ensure participant safety.
13. The student will have the ability to demonstrate a familiarity with a variety of group exercise formats (e.g., traditional, step, slide, muscle conditioning, flexibility, indoor cycling, walking, mat science, cardio/kickboxing, body sculpting)

The student will be able to identify components of fitness.

14. The student will be able to identify the components of physical fitness.
15. The student will be able to demonstrate techniques for accommodating various fitness levels within the same class.

The student will be able to choreograph a fitness routine.

16. The student will be able to demonstrate the principles of training.
17. The student will be able to pace a class to a certain tempo and be able to identify the beat each time it changes.
18. The student will be able to demonstrate the ability to safely apply the principles of exercise and training to a group fitness program routine.
19. The student will demonstrate the knowledge of basic music fundamentals, including downbeat, 8 count, and 32 count.

ASSESSMENT OF LEARNER OUTCOMES:
Student progress is evaluated by means that include but are not limited to, 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 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.

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