

KIN 0011 - INSTRUCTIONAL METHODS FOR GROUP FITNESS

Catalog Description

Formerly known as PHED 85

Hours: 72 (36 lecture, 36 activity)

Description: Addresses methods of instruction in leading group exercise in health clubs, resorts, institutions, corporate programs or medically supervised exercise programs. Topics include movement choreography, communication and cueing, music selection and counting. Practical application of kinesiology and muscle physiology are used to design various music based class formats and other current group fitness trends. (CSU)

Course Student Learning Outcomes

- CSLO #1: Describe the principles of fitness training and the components of a safe, effective, and motivated group exercise class.
- CSLO #2: Create and develop movement patterns and explain their relationship to music.
- CSLO #3: Interpret and dramatize verbal and non-verbal communication with cueing skills.
- CSLO #4: Employ appropriate group assessment fitness testing and its application to an individual's personal fitness goals and physical limitations.
- CSLO #5: Create a lesson plan to address fitness goals and physical limitations.

Effective Term

Fall 2019

Course Type

Credit - Degree-applicable

Contact Hours

72

Outside of Class Hours

90

Total Student Learning Hours

162

Course Objectives

Lecture:

1. Describe the components and principles of fitness that are used to design a safe, effective and motivated group exercise class;
2. Create a lesson plan to address fitness goals including modifications for physical limitations and varying ability levels;
3. Compare and contrast group fitness classes in various formats including equipment, music, facility, and target population;
4. Identify in the local community what employment opportunities are available and what standards are needed to secure employment.

Laboratory:

1. Create and develop choreographed movement patterns, variations and explain their relationship to music;
2. Construct effective verbal and non-verbal communication with cueing skills;
3. Employ appropriate group assessment fitness testing and its application to an individual's personal fitness goals and physical limitations;
4. Practice and demonstrate physical training principles by incorporating muscular strength, flexibility and functional stability and relaxation techniques in varying formats;
5. Create a portfolio of classes to be presented to future employers which could include some video, music, and choreography during the components of exercise classes the student will be leading.

General Education Information

- Approved College Associate Degree GE Applicability
 - AA/AS - Health Ed/Physical Ed
- CSU GE Applicability (Recommended-requires CSU approval)
 - CSUGE - E2 Physical Activity
- Cal-GETC Applicability (Recommended - Requires External Approval)
- IGETC Applicability (Recommended-requires CSU/UC approval)

Articulation Information

- CSU Transferable

Methods of Evaluation

- Objective Examinations
 - Example: Students will take written quizzes and exams to evaluate their knowledge on principles and techniques that should be used in effective fitness design and instruction. Example: "Describe three methods that can be used to help participants monitor exercise intensity levels". Standard grade.
- Projects
 - Example: Students will recognize one special needs population and create a lesson plan to demonstrate what they would do to modify one aerobic program to meet those needs. A rubric will be used to assess that the lesson plan has addressed all the necessary components.
- Skill Demonstrations
 - Example: Students will design and lead the class in one choreographed aerobic routine using a music based format.

Repeatable

No

Methods of Instruction

- Activity
- Lecture/Discussion
- Distance Learning

Activity:

1. The instructor discusses with students their papers on comparing and contrasting the different forms of aerobic fitness.

Lecture:

1. The instructor will evaluate the student's fitness program design while watching their presentation to other students. Each student will then evaluate the program on how it met the needs of all fitness components.

Distance Learning

1. Students will be viewing videos of teaching demonstrations in various aspects of fitness and evaluating them for effective instructional practices. Students will post their findings and respond to a other student's responses/postings.

Typical Out of Class Assignments

Reading Assignments

1. Read chapters on Body Composition and Assessment in selected texts and be prepared to discuss in class.
2. Read articles from the professional journal, ACE, relative to the basic design concepts of beginning aerobic classes and prepare a short summary of you findings.

Writing, Problem Solving or Performance

1. Submit an outline on how to lead a special population exercise class that meets weekly for 12 weeks.
2. Design and execute a music free workout to have in place in case of equipment failure.

Other (Term projects, research papers, portfolios, etc.)

1. Create a portfolio to show employers that includes music, video demonstrations and choreography changes.

Required Materials

- Methods of Group Exercise Instruction
 - Author: Carol Kennedy Armbruster Mary M. Yoke
 - Publisher: Human Kinetics
 - Publication Date: 2014
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:
- ACE Group Fitness Instructor Manual
 - Author: Ace
 - Publisher: ACE
 - Publication Date: 2010
 - Text Edition: 3rd
 - Classic Textbook?:
 - OER Link:
 - OER:

Other materials and-or supplies required of students that contribute to the cost of the course.