

# KINE 009: ESSENTIALS FOR GROUP FITNESS PROFESSIONALS

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**Originator**

wansley

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**Justification / Rationale**

This course is being updated to reflect the diverse needs and interests of our Kinesiology students and continue and promote job related skills and knowledge for Group Fitness Professionals in our multiple programs Fitness Specialist, Personal Training and Yoga Teacher Training. The course will also be modified to update top code for CTE code alignment and add one more unit for additional subject matter.

**Effective Term**

Spring 2020

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

009

**Full Course Title**

Essentials for Group Fitness Professionals

**Short Title**

ESSENTIALS/ GROUP FITNESS

**Modality**

Face-to-Face

Hybrid

**Catalog Description**

This course provides students with guidance in professional development and client interaction in the fitness industry. There is emphasis on group fitness and individual fitness assessment as related to gender, age and special health circumstances. The class will cover the industry of group fitness, foundations of exercise science, the human movement system, integrated fitness, teaching methodologies, teaching multi-training and exercise technique, class planning and preparation, and adapting to class dynamics. The course will expand upon diverse communication and learning styles, how to increase class engagement and motivation and professional and legal responsibilities for group fitness professionals. The course will examine principles of adherence and motivation, and the role of positive psychology to increase motivation. Current, future and past group fitness trends will be analyzed as a way to compliment exercise program design and progression of vast individual and group ability levels. The course will include the important roles of growing a personal business both small and large, self-marketing, and ethical and legal responsibilities of the group fitness industry. The students will also be exposed and learn from community leaders in fitness, health and wellness in the Coachella Valley.

**Schedule Description**

This course covers group fitness industry professionalism and client interaction in the fitness field. Students will be exposed to creative group exercise programming and design, fitness assessment, and principles of exercise progression for various populations. The class will incorporate the diverse roles as of a group fitness instructor developing in class planning and preparation, teaching multiple styles, various styles of communication and working with diverse age groups and ability levels. The class will incorporate professional legal and ethical responsibilities in the the group fitness industry as well as self marketing strategies for group fitness professionals.

**Lecture Units**

3

**Lecture Semester Hours**

54

**Lab Units**

0

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Required Text and Other Instructional Materials****Resource Type**

Book

**Formatting Style**

APA

**Author**

Lawrence Biscontini

**Title**

Principles of Group Fitness Instruction

**Edition**

2nd

**City**

Burlington, MA

**Publisher**

Jones Bartlett, Publishers

**Year**

2019

**College Level**

Yes

**Flesch-Kincaid Level**

13.1

**ISBN #**

978-1-284-40280-3

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**Class Size Maximum**

35

**Course Content**

1. The group fitness industry, history and evolution of fitness, the role of group fitness instructor

2. Foundations of exercise science
3. The human movement system
4. Integrated fitness for group fitness professionals
5. Teaching basics for group fitness
6. Teaching multi-training and exercise techniques for group fitness
7. Class planning and preparation for group fitness
8. Adapting to various class dynamics
9. Various communication and learning styles for group fitness
10. Inclusive instructions for diverse age groups and special populations
11. Class engagement and motivation
12. Professional and legal responsibilities for group fitness instructors
13. The role of nutrition for improved performance, lifestyle wellness and effective pre and post workout nutritional strategies
14. Chronic conditions and expanded emergencies in the group fitness environment
15. Principles of interviewing clients, completing health history forms and developing instructor and client rapport
16. Professionalism in the field of group fitness, health, and wellness
17. Evaluation of client's physical fitness level and interpretation of results as related to; flexibility, posture, body composition, cardio-respiratory, and muscular strength and endurance assessment
18. Teaching strategies and examples of verbal cues for both individual and group style exercise classes
19. Positive psychology and motivational properties of feedback to improve client adherence to exercise and fitness leading to higher levels of performance and self esteem
20. Industry trends and future trends in group fitness
21. Exposure to the field of allied health, chiropractic care, athletic training, physical therapy, acupuncture and the role and interaction of body, mind and spirit and providing appropriate helpful information to the client

### Course Objectives

Objectives	
Objective 1	Create a personal resume, and appropriate cover letter for the group fitness, health and wellness profession.
Objective 2	Develop professional interview and communication skills to assist with future opportunities for employment in the fitness industry.
Objective 3	Develop forms and questionnaires to accompany health, lifestyle history, risk and liability factors to help establish proper guidelines when working with clients in the group fitness industry.
Objective 4	Identify correct biomechanical strategies and proper exercise form for various strength, flexibility, cardio-respiratory and core exercises as designed for diverse group fitness classes.
Objective 5	Create successful exercise programming for multiple group fitness exercise settings and various age groups and ability levels.
Objective 6	Evaluate current professional concerns in the group fitness industry.
Objective 7	Create various timelines of exercise intensity and progression in terms of safety for group fitness participants.
Objective 8	Apply positive feedback to motivate an individual and group and evaluate its relationship to increased adherence to an exercise program.
Objective 9	Recognize the importance of respecting client confidentiality in all aspects relating to fitness, business and personal records.
Objective 10	Identify legal and ethical responsibilities of the group fitness professional.
Objective 11	Analyze successful business practices and applications of local group fitness professionals.

### Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:	
Outcome 1	Develop beginning, intermediate, advanced and creative exercise programming for diverse ages, needs and ability levels in group fitness settings.
Outcome 2	Demonstrate strong exercise leadership skills in group fitness exercise leadership settings such as; cardio-respiratory fitness, muscular strength, endurance and flexibility exercises.
Outcome 3	Identify different ethical and legal responsibilities of the group fitness profession in the business industry.

**Methods of Instruction**

<b>Method</b>	<b>Please provide a description or examples of how each instructional method will be used in this course.</b>
Activity	Students will actively participate and demonstrate principles of group fitness leadership.
Self-exploration	Personal traits, professional skills and attributes are critical to success in the group fitness industry.
Role Playing	Students will plan for diverse group fitness programming and special populations
Participation	Students will participate in two active teaching demonstrations
Observation	Students will observe 5 diverse group fitness instruction classes at different locations and analyze what they learned from the observations.
Lecture	Instructors will lecture on principles from the text book and current fitness trends in the group fitness industry.
Journal	Students may keep in class journals that record and reflect on their development on skill progression and skill application of group fitness professionals.
Individualized Study	After completing various personal assessments, students will write a personal development plan to help develop group fitness leadership and their individuals strengths.
Discussion	Class discussion will be used extensively to build upon motivation, learning and understanding of the material.
Demonstration, Repetition/Practice	Students will be asked to teach and demonstrate various group fitness instruction showcasing their knowledge and design of exercise science principles.
Collaborative/Team	Students will participate in group discussions, case studies and team building motivational principles that can improve group fitness leadership dynamics.

**Methods of Evaluation**

<b>Method</b>	<b>Please provide a description or examples of how each evaluation method will be used in this course.</b>	<b>Type of Assignment</b>
Written homework	Students will participate in written discussion threads, and written group fitness terminology application as a requirement to complete other assignments.	Out of Class Only
Self-paced testing, Student preparation	Students will be tasked to produce and prepare creative group fitness sequences for various types of classes, populations and settings.	Out of Class Only
Student participation/contribution	Students will participate actively and appropriately in class discussions, exercises and projects.	In Class Only
Self/peer assessment and portfolio evaluation	Groups will be asked to give thoughtful feedback on other students ideas and preparation, and comment on their professional portfolio's.	In and Out of Class
Product/project development evaluation	Students will be evaluated four times during the semester analyzing their objectives, creative fitness sequencing, personal development and group fitness leadership demonstrations, observations and reflection papers. (preparation will be 70% out of class, 30% in class)	In and Out of Class
Group activity participation/observation	Students will be evaluated in group activity participation from their fitness sequencing, organization, and time management.	In and Out of Class
Presentations/student demonstration observations	Students will present on various group fitness research from the textbook and current fitness trends.	In and Out of Class

Field/physical activity observations	Students will be asked to reflect upon group fitness observations, what they learned and the strengths of each class they observe and the benefits of the participants.	Out of Class Only
Laboratory projects	Students will participate in outside group fitness design, application and practice to create a safe and effective group fitness class.	In and Out of Class
Term or research papers	Students will be evaluated in two research papers analyzing communicative and learning styles of group fitness professionals, and how to make classes inclusive for special populations.	Out of Class Only
Portfolios	Students will be asked to produce and pitch a detailed professional portfolio that can help market their group fitness leadership skills. This portfolio will include resume, certifications, cover letter, examples of group fitness program design, nutritional principles, and examples of professional and legal paperwork that could benefit group fitness professionals. (80% preparation outside of class, 20% in class)	Out of Class Only
Critiques	Students will be evaluated on current fitness literature as well as asked to research fitness trending articles and links that could be useful to their classmates.	Out of Class Only

## Assignments

### Other In-class Assignments

1. Resume and cover letter development for group fitness professionals
2. Group fitness industry observation presentations
3. Develop multiple group fitness classes utilizing principles of multi-training and various exercise techniques to meet the needs of diverse ages and ability levels.
4. Group presentation on current and future group fitness trends
5. Goal setting and client evaluations to improve motivation and exercise adherence
6. Developing application skills for diverse fitness assessment and measurements for the components of fitness
7. Analyze and evaluate leadership styles and give example of proper verbal cues for a variety of group fitness exercise modalities, and exercise settings and groups
8. Analyzing current and past fitness successful fitness trends in the group fitness industry

### Other Out-of-class Assignments

1. Reading textbook and applying textbook to in discussion threads, and group presentations
2. Research current fitness and future fitness trends, and writing article critiques
3. Group fitness professional portfolio to include the following, resume, cover letter, fitness strengths, liability forms, client recruitment, exercise assessments, exercise program design, personal philosophy and future career goals
4. Self marketing strategy analysis to highlight your individual strengths and promote job opportunities
5. Research nutritional theories, behavior modification and application for weight management techniques to improve client success rates
6. Group fitness industry observations and interviews for both small and large businesses
7. Creative exercise programming to reflect flexibility, speed and agility, muscular endurance, muscular strength, core conditioning and aquatics to represent diverse ages and populations
8. Analyzing the role of various allied health professionals in the group fitness industry to improve optimal performance and benefits to clients
9. Research papers and group projects analyzing the components of physical fitness and historical figures influencing fitness and sport
10. Designing creative goal setting and strategies for various clients and populations

### Grade Methods

Letter Grade Only

## Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

Online %

49

On-campus %

51

## Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

Zoom video meeting invites not requiring student data security issues

If used, explain how specific materials and resources outside the LMS will be used to enhance student learning.

Zoom meetings allow students to interact as groups or with the instructor to enhance the classroom component of the course.

## Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

**Within Course Management System:**

Timely feedback and return of student work as specified in the syllabus  
Discussion forums with substantive instructor participation  
Weekly announcements

**External to Course Management System:**

Direct e-mail  
Posted audio/video (including YouTube, 3cm mediasolutions, etc.)

**For hybrid courses:**

Scheduled Face-to-Face group or individual meetings  
Field trips

Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.

Discussion post interactions, announcements, video conferences, comments provided in grade book to students for assignments, email correspondence, office phone calls

If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.

Phone on Zoom video conferences provide access to instructor to clarify student questions.

## Online Course Enrollment

Maximum enrollment for online sections of this course

30

## Other Information

Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.

This course is also about project based learning that requires a tremendous amount of time for students to develop their professional portfolio as a capstone project in the fitness specialist certificate.

## MIS Course Data

**CIP Code**

31.0507 - Physical Fitness Technician.

**TOP Code**

083520 - Fitness Trainer

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transferable to CSU only

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

**Approvals****Curriculum Committee Approval Date**

04/02/2019

**Academic Senate Approval Date**

04/11/2019

**Board of Trustees Approval Date**

05/17/2019

**Chancellor's Office Approval Date**

6/1/2019

**Course Control Number**

CCC000605863

**Programs referencing this course**Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148>)

