

College of San Mateo
Official Course Outline

1. COURSE ID: KINE 130 **TITLE:** Group Fitness Instructor Lecture

Units: 3.0 units **Hours/Semester:** 48.0-54.0 Lecture hours

Method of Grading: Grade Option (Letter Grade or P/NP)

Corequisite: KINE 131

Recommended Preparation:

BIOL 130, BIOL 250

2. COURSE DESIGNATION:

Degree Credit

Transfer credit: CSU

AA/AS Degree Requirements:

CSM - GENERAL EDUCATION REQUIREMENTS: E5d. Career Exploration and Self-Development

3. COURSE DESCRIPTIONS:

Catalog Description:

This lecture course is part of the Group Fitness Instructor program. Students will learn knowledge and skill foundations necessary to teach a safe and effective group fitness class, no matter what type of modality. Students will also learn how to successfully develop and implement safe and effective group exercise programs, and engage their participants. Topics covered include: anatomy, kinesiology, exercise physiology, instructional techniques, class design, cueing, and injury prevention. Upon completion students will be prepared to take a Group Fitness Certification test.

4. STUDENT LEARNING OUTCOME(S) (SLO'S):

Upon successful completion of this course, a student will meet the following outcomes:

1. Design and teach a safe and effective group exercise class.
2. Demonstrate foundation knowledge of human anatomy, kinesiology and exercise physiology.

5. SPECIFIC INSTRUCTIONAL OBJECTIVES:

Upon successful completion of this course, a student will be able to:

1. Design and teach a safe and effective group fitness class.
2. Demonstrate foundation knowledge of human anatomy, kinesiology and exercise physiology.

6. COURSE CONTENT:

Lecture Content:

Course content will be adjusted to accommodate semester scheduling.

- Exercise Physiology
- Fundamentals of Anatomy
- Fundamentals of Applied Kinesiology
- Introduction to Nutrition
- Health Screening
- Group Exercise Program Design
- Teaching a Group Exercise Class
- Adherence and Motivation
- Disabilities and Health Limits
- Exercise and Pregnancy
- Injury Prevention and Emergency Procedures
- Legal and Professional Responsibilities
- Code of Ethics
- Exam Content Outline
- Effects of Medication on Heart-Rate Response and Exercise Performance
- Group Fitness Specialties

7. REPRESENTATIVE METHODS OF INSTRUCTION:

Typical methods of instruction may include:

- A. Lecture

B. Discussion

8. REPRESENTATIVE ASSIGNMENTS

Representative assignments in this course may include, but are not limited to the following:

Writing Assignments:

- A. Analysis of readings
- B. Practical exams

Reading Assignments:

ACE Training Schedule is attached. Course content will be adjusted to accommodate semester scheduling.

Reading are from ACE Group Fitness Manuals:

- A. Ch1: Exercise Physiology
- B. Ch2: Fundamentals of Anatomy
- C. Ch3: Fundamentals of Applied Kinesiology
- D. Ch4: Introduction to Nutrition
- E. Ch5: Health Screening
- F. Ch6: Group Exercise Program Design
- G. Ch7: Teaching a Group Exercise Class
- H. Ch8: Adherence and Motivation
- I. Ch9: Disabilities and Health Limits
- J. Ch10: Exercise and Pregnancy
- K. Ch11: Injury Prevention and Emergency Procedures
- L. Ch12: Legal and Professional Responsibilities
- M. Appendix A: Code of Ethics
- N. Appendix B: Exam Content Outline
- O. Appendix C: Effects of Medication on Heart-Rate Response and Exercise Performance
- P. Appendix D: Group Fitness Specialties

Other Outside Assignments:

- A. Practical exams
- B. Individual and group presentations

9. REPRESENTATIVE METHODS OF EVALUATION

Representative methods of evaluation may include:

- A. Class Participation
- B. Exams/Tests
- C. Oral Presentation

10. REPRESENTATIVE TEXT(S):

Possible textbooks include:

- A. Bryant, Cedric X. and Green, Daniel J.. *ACE's Essentials of Exercise Science for Fitness Professionals*, ed. San Diego, CA: American Council on Exercise, 2010

Possible manuals include:

- A. Bryant, Cedric X. and Green, Daniel J. and Merrill, Sabrena. ACE Group Fitness Instructor Manual - A Guide for Fitness Professionals, Third Edition, American Council on Exercise, 01-01-2011
- B. Bryant, Cedric X. and Green, Daniel J. and Merrill, Sabrena. ACE Group Fitness Instructor - Master the Manual: A Study Guide to Accompany the ACE Group Fitness Instructor Manual, Third Edition, American Council on Exercise, 01-01-2011

Origination Date: April 2016
Curriculum Committee Approval Date: May 2016
Effective Term: Fall 2016
Course Originator: Denaya Dailey