

KIN M17: TEACHING GROUP FITNESS

Originator

jkreil

Co-Contributor(s)
Name(s)

Kreil, Jeffrey (jkreil)

Black, Adam (ablack)

College

Moorpark College

Discipline (CB01A)

KIN - Kinesiology

Course Number (CB01B)

M17

Course Title (CB02)

Teaching Group Fitness

Banner/Short Title

Teaching Group Fitness

Credit Type

Credit

Start Term

Spring 2021

Formerly

PE M96

Catalog Course Description

Introduces exercise science concepts and their use in teaching group exercise. Emphasizes the integration of anatomy and applied kinesiology with teaching principles and techniques for a variety of group exercise formats. Stresses motor learning and effective group leadership, while teaching and monitoring human movement.

Additional Catalog Notes

Provides technical information and practical experience as preparation for Group Fitness instructor certification and exam.

Taxonomy of Programs (TOP) Code (CB03)

0835.20 - *Fitness Trainer

Course Credit Status (CB04)

D (Credit - Degree Applicable)

Course Transfer Status (CB05) (select one only)

B (Transferable to CSU only)

Course Basic Skills Status (CB08)

N - The Course is Not a Basic Skills Course

SAM Priority Code (CB09)

C - Clearly Occupational

Course Cooperative Work Experience Education Status (CB10)

N - Is Not Part of a Cooperative Work Experience Education Program

Course Classification Status (CB11)

Y - Credit Course

Educational Assistance Class Instruction (Approved Special Class) (CB13)

N - The Course is Not an Approved Special Class

Course Prior to Transfer Level (CB21)

Y - Not Applicable

Course Noncredit Category (CB22)

Y - Credit Course

Funding Agency Category (CB23)

Y - Not Applicable (Funding Not Used)

Course Program Status (CB24)

1 - Program Applicable

General Education Status (CB25)

Y - Not Applicable

Support Course Status (CB26)

N - Course is not a support course

Field trips

Will not be required

Grading method

(L) Letter Graded

Alternate grading methods

(O) Student Option- Letter/Pass

(P) Pass/No Pass Grading

Does this course require an instructional materials fee?

No

Repeatable for Credit

No

Units and Hours

Carnegie Unit Override

No

In-Class

Lecture

Minimum Contact/In-Class Lecture Hours

35

Maximum Contact/In-Class Lecture Hours

35

Activity

Laboratory

Minimum Contact/In-Class Laboratory Hours

52.5

Maximum Contact/In-Class Laboratory Hours

52.5

Total in-Class**Total in-Class****Total Minimum Contact/In-Class Hours**

87.5

Total Maximum Contact/In-Class Hours

87.5

Outside-of-Class**Internship/Cooperative Work Experience**

Paid

Unpaid

Total Outside-of-Class**Total Outside-of-Class****Minimum Outside-of-Class Hours**

70

Maximum Outside-of-Class Hours

70

Total Student Learning**Total Student Learning****Total Minimum Student Learning Hours**

157.5

Total Maximum Student Learning Hours

157.5

Minimum Units (CB07)

3

Maximum Units (CB06)

3

Advisories on Recommended Preparation

KIN M16 (Formerly PE M95)

KIN M18 (Formerly PE M96)

Requisite Justification**Requisite Type**

Recommended Preparation

Requisite

KIN M16 OR KIN M18

Requisite Description

Course not in a sequence

Level of Scrutiny/Justification

Content review

Student Learning Outcomes (CSLOs)

Upon satisfactory completion of the course, students will be able to:

- | | |
|---|--|
| 1 | apply exercise science knowledge to become a certified group fitness trainer in finding employment |
|---|--|

Course Objectives

Upon satisfactory completion of the course, students will be able to:

- | | |
|----|--|
| 1 | apply the learning process to teaching motor skills. |
| 2 | identify and describe a variety of traditional and alternative class formats found in the contemporary group fitness setting. |
| 3 | construct safe and effective lesson plans for group exercise activities. |
| 4 | demonstrate communication skills through use of proper cueing for movement and through facilitation of mini-group exercise classes. |
| 5 | apply fundamentals of music to effectively facilitate a variety of group exercise formats and class segments. |
| 6 | demonstrate one or more methods used to monitor exercise intensity and show ways to vary levels of exercise intensity in the group setting. |
| 7 | compare and contrast teaching styles and motivational techniques common in the group fitness setting. |
| 8 | identify basic business and professional opportunities and summarize responsibilities often associated with group fitness instruction. |
| 9 | discuss prominent contemporary health/fitness issues, including considerations for special needs and special populations such as youth or seniors. |
| 10 | apply anatomy and Kinesiology to evaluating and teaching human movement. |
| 11 | explain the role of nutrition on exercise performance and body composition. |

Course Content**Lecture/Course Content**

- **(40%)- Apply the learning process to teaching motor skills**
 - Construct safe and effective lesson plans for group exercise activities
 - Identify and describe a variety of traditional and alternative class formats found in the contemporary group fitness setting
 - Demonstrate one or more methods used to monitor exercise intensity and show ways to vary levels of exercise intensity in the group setting
 - Apply fundamentals of music to effectively facilitate a variety of group exercise formats and class segments
- **(40%)- Demonstrate communication skills through use of proper cueing for movement and through facilitation of mini-group exercise classes**
 - Compare and contrast teaching styles and motivational techniques common in the group fitness setting
- **(5%)- Identify basic business and professional opportunities and summarize responsibilities often associated with group fitness instruction**
- **(10%) Discuss prominent contemporary health/fitness issues, including considerations for special needs and special populations such as youth or seniors**
- **(5%)- Explain the role of nutrition on exercise performance and body composition.**

Laboratory or Activity Content

- **(20%)- Application of Kinesiology to group exercise instruction**
- **(75%)- Teaching Demonstrations**
 - **Boot Camp**
 - **Cardio Kickboxing**
 - **Mind/Body**
- **(5%)- Music selection**

Methods of Evaluation

Which of these methods will students use to demonstrate proficiency in the subject matter of this course? (Check all that apply):

Problem solving exercises
 Skills demonstrations
 Written expression

Methods of Evaluation may include, but are not limited to, the following typical classroom assessment techniques/required assignments (check as many as are deemed appropriate):

Classroom Discussion
 Essay exams
 Film/video productions
 Graphic/architectural designs
 Group projects
 Individual projects
 Journals
 Laboratory activities
 Laboratory reports
 Objective exams
 Oral presentations
 Performances
 Projects
 Problem-solving exams
 Participation
 Quizzes
 Reports/Papers/Journals
 Skills demonstrations

Instructional Methodology

Specify the methods of instruction that may be employed in this course

Audio-visual presentations
 Collaborative group work
 Class activities
 Class discussions
 Case studies
 Distance Education
 Demonstrations
 Field experience/internship
 Field trips
 Group discussions
 Guest speakers
 Instructor-guided interpretation and analysis
 Instructor-guided use of technology
 Laboratory activities
 Lecture
 Small group activities

Describe specific examples of the methods the instructor will use:

- Group activity where students collaborate to identify the concentric actions of specific muscles during common exercise movements
- Individual lesson plan for exercise program
- Demonstrations of three exercise class formats: Mind/Body, Cardio Kickbox, High Intensity Interval Training (H.I.I.T)

Representative Course Assignments

Writing Assignments

- Create appropriate exercise movements based upon muscular anatomy and the affects of force on the human movement system.
- Develop a health topic marketing piece
- Create a lesson plan for three different fitness class formats.

Critical Thinking Assignments

- Determine appropriate exercise modifications for individuals of varied abilities.
- Discern planes of motion of select exercises
- Compare and contrast components and benefits of various group fitness modalities.

Reading Assignments

- American Council on Exercise (ACE) group fitness article
- Athletic and Fitness Association of America (AFAA) group fitness article

Skills Demonstrations

- Auditory, visual, and kinesthetic methods of cueing exercise form
- Exercise modification for various physical limitations
- Exercise selection using various exercise modalities

Outside Assignments**Representative Outside Assignments**

- Observe and evaluate a group exercise course
- Create nutrition marketing material to be seen by typical consumers.

Articulation**Equivalent Courses at 4 year institutions**

University	Course ID	Course Title	Units
Cal Poly San Luis Obispo	KINE 231	Leading Group Fitness Activities	2

Equivalent Courses at other CCCs

College	Course ID	Course Title	Units
Chabot College	KINE 21	Group Fitness Instructor	3
Folsom Lake College	KINES 413	Group Fitness Instructor Certification	3
Riverside City College	KIN 45	Group Fitness Instructor	3
Merced College	KINE 6	Group Fitness Instruction	3

District General Education**A. Natural Sciences****B. Social and Behavioral Sciences****C. Humanities****D. Language and Rationality****E. Health and Physical Education/Kinesiology****F. Ethnic Studies/Gender Studies****Course is CSU transferable**

Yes

CSU Baccalaureate List effective term:

F2008

CSU GE-Breadth**Area A: English Language Communication and Critical Thinking****Area B: Scientific Inquiry and Quantitative Reasoning****Area C: Arts and Humanities****Area D: Social Sciences****Area E: Lifelong Learning and Self-Development****Area F: Ethnic Studies****CSU Graduation Requirement in U.S. History, Constitution and American Ideals:****IGETC****Area 1: English Communication****Area 2A: Mathematical Concepts & Quantitative Reasoning****Area 3: Arts and Humanities****Area 4: Social and Behavioral Sciences****Area 5: Physical and Biological Sciences****Area 6: Languages Other than English (LOTE)****Textbooks and Lab Manuals****Resource Type**

Textbook

DescriptionAmerican Council on Exercise. *Ace Group Fitness Instructor Handbook*. Example Product Manufacturer, 2016.**Resource Type**

Textbook

DescriptionMcGill, Erin. A., editor. *NASM AFAA Principles of group fitness instruction*. Jones & Bartlett Learning, 2019.**Library Resources****Assignments requiring library resources**

Research for presentation using the library's print and online resources.

Sufficient Library Resources exist

Yes

Example of Assignments Requiring Library Resources

Compare and contrast energy systems across various group exercise formats.

Distance Education Addendum

Definitions

Distance Education Modalities

Hybrid (51%–99% online)
Hybrid (1%–50% online)
100% online

Faculty Certifications

Faculty assigned to teach Hybrid or Fully Online sections of this course will receive training in how to satisfy the Federal and state regulations governing regular effective/substantive contact for distance education. The training will include common elements in the district-supported learning management system (LMS), online teaching methods, regular effective/substantive contact, and best practices.

Yes

Faculty assigned to teach Hybrid or Fully Online sections of this course will meet with the EAC Alternate Media Specialist to ensure that the course content meets the required Federal and state accessibility standards for access by students with disabilities. Common areas for discussion include accessibility of PDF files, images, captioning of videos, Power Point presentations, math and scientific notation, and ensuring the use of style mark-up in Word documents.

Yes

Regular Effective/Substantive Contact

Hybrid (1%–50% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	-Share experience with attending various group exercise classes -Review sample group exercise class
Other DE (e.g., recorded lectures)	-Applied Kinesiology narrated lecture -Fitness nutrition concepts narrate lecture

Hybrid (51%–99% online) Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	-Applied Kinesiology narrated lecture -Fitness nutrition concepts narrate lecture
Other DE (e.g., recorded lectures)	-Applied Kinesiology narrated lecture -Fitness nutrition concepts narrate lecture

100% online Modality:

Method of Instruction	Document typical activities or assignments for each method of instruction
Asynchronous Dialog (e.g., discussion board)	-Share experience with attending various group exercise classes -Review sample group exercise class
Other DE (e.g., recorded lectures)	-Applied Kinesiology narrated lecture -Fitness nutrition concepts narrate lecture

Examinations

Hybrid (1%–50% online) Modality

Online

Hybrid (51%–99% online) Modality

Online

Primary Minimum Qualification

PHYSICAL EDUCATION

Additional Minimum Qualifications

Minimum Qualifications

Kinesiology

Additional local certifications required

NCCA approved fitness certification AND/OR NCCA group fitness instructor certification (preferably AFAA)

Review and Approval Dates

Department Chair

09/18/2020

Dean

10/15/2020

Technical Review

10/30/2020

Curriculum Committee

MM/DD/YYYY

DTRW-I

MM/DD/YYYY

Curriculum Committee

11/3/2020

Board

MM/DD/YYYY

CCCCO

11/19/2020

Control Number

CCC000507755

DOE/accreditation approval date

MM/DD/YYYY