



COURSE OUTLINE

FIT151

Prepared: Lisa Maida, Tania Hazlett Approved: Bob Chapman

Course Code: Title	FIT151: GROUP FITNESS
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Semester/Term:	17F
Course Description:	In this course the learner will identify, explain and demonstrate the necessary elements of a group exercise class. Students will learn the skills necessary to effectively design and safely implement and lead a group fitness class. Skills will be mastered through practice teaching, peer and instructor evaluation, and participating in various community group fitness class settings.
Total Credits:	3
Hours/Week:	3
Total Hours:	45
Prerequisites:	OPA104
Vocational Learning Outcomes (VLO's):	<p>#1. Conduct assessments of fitness, well-being, and lifestyle for clients and effectively communicate assessment results.</p> <p>#2. Prescribe appropriate physical activity, fitness, active living, and lifestyle programs to enhance health, fitness, and well-being of clients.</p> <p>#3. Utilize appropriate interviewing and counselling skills to promote or enhance health, fitness, active living, and well-being of clients.</p> <p>#4. Collaborate with individuals in the selection and adoption of strategies that will enable them to take control of and improve their health, fitness, and well-being.</p> <p>#5. Develop, implement, and evaluate activities, programs, and events which respond to identified needs and interests of clients and maximize the benefits of health, fitness, and well-being.</p> <p>#6. Train individuals and instruct groups in exercise and physical activities.</p> <p>#7. Contribute to community health promotion strategies.</p> <p>#8. Assist in the development of business plans for health and fitness programs, activities and facilities.</p> <p>#9. Implement strategies and plans for ongoing personal and professional growth and development.</p> <p>#10. Develop and implement risk management strategies for health and fitness programs, activities and facilities.</p>
Please refer to program web page for a complete listing of program outcomes where applicable.	



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Essential Employability Skills (EES):

#11. Interact effectively with clients, staff, and volunteers in health and fitness programs, activities and facilities.

#1. Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.

#2. Respond to written, spoken, or visual messages in a manner that ensures effective communication.

#8. Show respect for the diverse opinions, values, belief systems, and contributions of others.

#9. Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.

#10. Manage the use of time and other resources to complete projects.

#11. Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Passing Grade: 50%,

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	30%
Practical Exam	40%
Tests	30%

Course Outcomes and Learning Objectives:

Course Outcome 1.

Define and explain the essential components of a group exercise class.

Learning Objectives 1.

- Define and describe components of an effective warm up and cool down
- Define and describe essential components of cardio-respiratory training
- Define and describe essential components of muscular conditioning
- Define and describe essential components of flexibility training

Course Outcome 2.

Apply knowledge of muscle anatomy and joint actions to exercise design.

Learning Objectives 2.



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- Identify the action of various muscles as they apply to group exercise
- Explain and demonstrate exercise progressions and multiple muscle group modifications
- Explain and demonstrate muscle conditioning exercises using proper body mechanics

Course Outcome 3.

Apply knowledge of the cardiovascular system to exercise design

Learning Objectives 3.

- Discuss the mechanics of the cardiovascular system, including its response to exercise
- Explain and implement basic guidelines for developing a cardiovascular endurance program
- Explain the concept and purpose of cardiovascular recovery
- Determine appropriate exercises for cardiovascular recovery

Course Outcome 4.

Identify and compare various types/forms/styles of group exercise classes.

Learning Objectives 4.

Identify and explain advantages and disadvantages of various group classes

Course Outcome 5.

Identify and compare various types of group training equipment.

Learning Objectives 5.

- Explain advantages and disadvantages of equipment used in group aerobic, strength, balance and flexibility classes
- Distinguish between effective and ineffective group training equipment and the identify the appropriate use of the equipment



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Course Outcome 6.

Explain and demonstrate appropriate group exercise communication and leadership styles.

Learning Objectives 6.

- Identify and explain various motivation, feedback and cueing techniques

Course Outcome 7.

Identify the importance of appropriate music for group exercise classes.

Learning Objectives 7.

- Explain the advantages and disadvantages of the use of music in group exercise
- Define and explain the fundamentals of music in group exercise including rhythm, beat, tempo, phrasing
- Identify various music styles and apply to appropriate classes
- List recommendations for music volume in group exercise classes

Course Outcome 8.

Identify and interpret elements necessary to ensure safety of group fitness class participants.

Learning Objectives 8.

- Explain and interpret appropriate pre-screening tools
- Recognize and describe appropriate methods of monitoring exercise intensity
- List necessary elements of fitness facility and equipment safety
- Recognize contraindicated movements and identify appropriate modifications

Course Outcome 9.

Recognize, interpret and apply necessary changes to meet the developmental needs of a



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variety of groups.

Learning Objectives 9.

- Explain instructional modifications necessary to train diverse abilities and ages

Course Outcome 10.

Explore elements of motivation and adherence as they apply to the group fitness participant.

Learning Objectives 10.

- Define the terms and examine research on motivation and adherence
- Explain recent trends in group fitness
- Explain techniques to incorporate health education and health promotion into group classes

Course Outcome 11.

Plan and demonstrate ability to conduct a group fitness class

Learning Objectives 11.

- Conduct peer evaluated components of group fitness classes

Date:

Wednesday, August 30, 2017

Please refer to the course outline addendum on the Learning Management System for further information.