



COURSE OUTLINE: FIT215 - GROUP EXERCISE

Prepared: Lisa Folz

Approved: Bob Chapman, Dean, Health

Course Code: Title	FIT215: GROUP EXERCISE
Program Number: Name	3040: FITNESS AND HEALTH
Department:	FITNESS & HEALTH PROMOTION
Academic Year:	2024-2025
Course Description:	This course continues to enhance the necessary skills acquired in previous courses to develop and lead a group fitness class. In this course the student will be exposed to a variety of group fitness styles and will participate in various community group fitness settings. The student will be challenged to identify, explain and demonstrate the necessary elements of each style of class and enhance their communication, leadership, motivational, and professionalism skills. Finally, the student will be tasked to develop and instruct two different group fitness classes to their peers and collaboratively lead a major group fitness event to the public. In addition, this course will effectively prepare the student for various group fitness certifications in the industry.
Total Credits:	3
Hours/Week:	3
Total Hours:	42
Prerequisites:	FIT124, FIT127
Corequisites:	There are no co-requisites for this course.
Substitutes:	FIT208
This course is a pre-requisite for:	FIT224
Vocational Learning Outcomes (VLO's) addressed in this course:	3040 - FITNESS AND HEALTH
Please refer to program web page for a complete listing of program outcomes where applicable.	VLO 1 Conduct an assessment of the physical fitness, activity level and lifestyle of the client using standardized protocols, to build an individualized exercise program.
	VLO 2 Develop, implement and evaluate safe training programs grounded in fundamentals of anatomy, bio-mechanics, cardiorespiratory physiology, and nutrition to support the fitness and wellness goals of clients.
	VLO 3 Instruct individual clients and groups in the correct techniques for executing fitness and training programs to achieve results that meet their goals for fitness, active living, and wellness.
	VLO 7 Establish and maintain positive working relationships with clients, staff, allied health professionals and volunteers in the delivery of programs, activities, and the use of facilities.
	VLO 9 Develop plans and implement strategies for ongoing professional growth and development.
	VLO 10 Communicate information persuasively and accurately in oral, written, and other media formats.



Essential Employability Skills (EES) addressed in this course:

- EES 1 Communicate clearly, concisely and correctly in the written, spoken, and visual form that fulfills the purpose and meets the needs of the audience.
- EES 2 Respond to written, spoken, or visual messages in a manner that ensures effective communication.
- EES 4 Apply a systematic approach to solve problems.
- EES 5 Use a variety of thinking skills to anticipate and solve problems.
- EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.
- EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.
- EES 10 Manage the use of time and other resources to complete projects.
- EES 11 Take responsibility for ones own actions, decisions, and consequences.

Course Evaluation:

Course Outcomes and Learning Objectives:

Course Outcome 1	Learning Objectives for Course Outcome 1
1. Participate in and evaluate a variety of group exercise specialty classes	1.1 Demonstrate and coach correct technique for appropriate exercises and movements for a variety of group exercise specialty classes 1.2 Describe the common physiological responses that occur with a variety of specialty classes 1.3 Describe how exercise physiology theories apply to the design of a variety of group exercise specialty classes 1.4 Describe how biomechanical factors are applied to the design of a variety of group exercise specialty classes 1.5 Assess various specialty classes and how the fundamentals of anatomy, physiology and biomechanics are integrated.
Course Outcome 2	Learning Objectives for Course Outcome 2
2. Design and lead a choreographed group exercise class	2.1 Apply music theory to the development and design of a beat-driven group exercise class 2.2 Demonstrate and coach basic choreography movements 2.3 Build choreography combinations utilizing appropriate transitions and anticipatory cues 2.4 Create and teach a choreographed routine with at least 64-count blocks and proper cueing
Course Outcome 3	Learning Objectives for Course Outcome 3
3. Apply group fitness theory and coaching-based concepts to a variety of specialized group exercise classes	3.1 Identify and utilize communication styles appropriate for the group 3.2 Create rapport with participants to empower and connect with them in various group classes 3.3 Generate and apply motivational strategies 3.4 Understand the integration of health components into group exercise design 3.5 Demonstrate how to create a positive class environment 3.6 Demonstrate the ability to provide a variety of cues



	<p>appropriate for various specialty classes to ensure safety and effectiveness</p> <p>3.7 Apply appropriate guidelines and timeframes to a variety of specialized fitness classes</p> <p>3.8 Coach participants through various specialty classes</p> <p>3.9 Create a lesson plan to teach various specialty classes</p> <p>3.10 Observe and analyze the framework and coaching needs of various specialty classes</p>
Course Outcome 4	Learning Objectives for Course Outcome 4
4. Employ risk management strategies to deal with safety and liability of the instructor, participants, and facility	<p>4.1 Identify the various types of participants within group fitness classes and their needs and health risks</p> <p>4.2 Understand and observe basic business practices for group exercise programming</p> <p>4.3 Ensure clients are instructed in the safe usage of all equipment and in the safe execution of all exercises</p> <p>4.4 Apply exercise modification and progression skills for participant injury prevention</p> <p>4.5 Apply first-aid and injury management techniques</p> <p>4.6 Understand the scope of practice for group fitness instructors</p> <p>4.7 Discuss health screening tools utilized for safe group exercise programming</p>
Course Outcome 5	Learning Objectives for Course Outcome 5
5. Demonstrate appropriate leadership and professionalism skills	<p>5.1 Observe various professionals in the group exercise field and assess their professionalism</p> <p>5.2 Demonstrate application of various elements of professionalism within the classroom such as time management, organization, preparedness, dependability, communication etc.</p> <p>5.3 Utilize reflective practices to assess personal professionalism skills</p>
Course Outcome 6	Learning Objectives for Course Outcome 6
6. Design and lead a non-choreographed group exercise class	<p>2.1 Apply group fitness theory to the development and design of a non-choreographed group exercise class</p> <p>2.2 Demonstrate and coach basic movements</p> <p>2.3 Build non-choreographed routines based on general and specific principles of physical fitness</p> <p>2.4 Create and teach a 30 minute non-choreographed routine with at least 10 different exercises (including aerobic, MSK and flexibility components), and a variety of equipment.</p>

Evaluation Process and Grading System:

Evaluation Type	Evaluation Weight
Assignments	45%
Practical Exams	40%
Written Exam	15%

Date:

July 31, 2024



Addendum:

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

