

I. COURSE DESCRIPTION:

In this course the student 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.

II. LEARNING OUTCOMES AND ELEMENTS OF THE PERFORMANCE:

Upon successful completion of this course, the student will demonstrate the ability to:

1. Define and explain the essential components of a group exercise class.
Potential Elements of the Performance:
 - 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
2. Apply knowledge of muscle anatomy and joint actions to exercise design.
Potential Elements of the Performance:
 - 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
3. Apply knowledge of the cardiovascular system to exercise design
Potential Elements of the Performance:
 - 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

4. Identify and compare various types/forms/styles of group exercise classes.
Potential Elements of the Performance:
 - Identify and explain advantages and disadvantages of various group classes
5. Identify and compare various types of group training equipment.
Potential Elements of the Performance:
 - 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
6. Explain and demonstrate appropriate group exercise communication and leadership styles.
Potential Elements of the Performance:
 - Identify and explain various motivation, feedback and cueing techniques
7. Identify the importance of appropriate music for group exercise classes.
Potential Elements of the Performance:
 - 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
8. Identify and interpret elements necessary to ensure safety of group fitness class participants.
Potential Elements of the Performance:
 - 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
9. Recognize, interpret and apply necessary changes to meet the developmental needs of a variety of groups.
Potential Elements of the Performance:
 - Explain instructional modifications necessary to train diverse abilities and ages

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

Potential Elements of the Performance:

- 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

11. Plan and demonstrate ability to conduct a group fitness class

Potential Elements of the Performance:

- Conduct peer evaluated components of group fitness classes

III. TOPICS:

1. Group Fitness Trends & Types of Fitness Classes
2. The Fitness Leader
3. Pre-class organization
4. Risk Management in Group Fitness
5. Music and Cueing
6. Choreography
7. Development of a warm-up
8. Aerobic Conditioning
9. MSK Conditioning
10. Development of a cool-down

IV. REQUIRED RESOURCES/TEXTS/MATERIALS:

Readings as Required

V. EVALUATION PROCESS/GRADING SYSTEM:

1. A combination of tests and assignments will be used to evaluate student achievement of the course objectives. A description of the evaluation methods follows and will be discussed by the teacher during the first class.

Assignment # 1 & 2 – 10% Observations

Assignment # 3 – 40% - Presentation of Class

Midterm Written Exam – 20%

Final Written Exam (cumulative) – 30%

Final Practical – 40%

The following semester grades will be assigned to students:

<u>Grade</u>	<u>Definition</u>	<u>Grade Point Equivalent</u>
A+	90 – 100%	4.00
A	80 – 89%	3.00
B	70 - 79%	2.00
C	60 - 69%	1.00
D	50 – 59%	0.00
F (Fail)	49% and below	
CR (Credit)	Credit for diploma requirements has been awarded.	
S	Satisfactory achievement in field /clinical placement or non-graded subject area.	
U	Unsatisfactory achievement in field/clinical placement or non-graded subject area.	
X	A temporary grade limited to situations with extenuating circumstances giving a student additional time to complete the requirements for a course.	
NR	Grade not reported to Registrar's office.	
W	Student has withdrawn from the course without academic penalty.	

If a faculty member determines that a student is at risk of not being successful in their academic pursuits and has exhausted all strategies available to faculty, student contact information may be confidentially provided to Student Services in an effort to offer even more assistance with options for success. Any student wishing to restrict the sharing of such information should make their wishes known to the coordinator or faculty member.

VI. SPECIAL NOTES:

Attendance:

Sault College is committed to student success. There is a direct correlation between academic performance and class attendance; therefore, for the benefit of all its constituents, all students are encouraged to attend all of their scheduled learning and evaluation sessions. This implies arriving on time and remaining for the duration of the scheduled session.

Late Assignments:

Assignments will be accepted up to three days after the due date. Students will be deducted 1% for each day that it is late. Assignments submitted after three days of the assigned due date will not be accepted.

Missed Tests/Exams:

Students will receive a 0 for missed tests or exams. If the student cannot write the exam due to unforeseen circumstances the student must notify the instructor BEFORE the exam date. If a student missed the test/exam, did not notify the instructor prior to the exam, and still requests to write the test, the instructor *may* only accept this request if the student can provide proof of an extreme circumstance.

OFC Certification Criteria:

Minimum 75% on course material, and a minimum of 80% on the final practical.

VII. COURSE OUTLINE ADDENDUM:

The provisions contained in the addendum located on the portal form part of this course outline.