



COURSE OUTLINE: FIT151 - GROUP FITNESS

Prepared: Lisa Folz

Approved: Bob Chapman, Chair, Health

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| Course Code: Title | FIT151: GROUP FITNESS |
| Program Number: Name | 3040: FITNESS AND HEALTH |
| Department: | FITNESS & HEALTH PROMOTION |
| Semesters/Terms: | 21F |
| 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 developed 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 |
| Corequisites: | There are no co-requisites for this course. |
| This course is a pre-requisite for: | FIT208 |
| Vocational Learning Outcomes (VLO's) addressed in this course: | 3040 - FITNESS AND HEALTH 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 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 6 Locate, select, organize, and document information using appropriate technology and information systems. |

In response to public health requirements pertaining to the COVID19 pandemic, course delivery and assessment traditionally delivered in-class, may occur remotely either in whole or in part in the 2021-2022 academic year.



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| | <p>EES 7 Analyze, evaluate, and apply relevant information from a variety of sources.</p> <p>EES 8 Show respect for the diverse opinions, values, belief systems, and contributions of others.</p> <p>EES 9 Interact with others in groups or teams that contribute to effective working relationships and the achievement of goals.</p> <p>EES 10 Manage the use of time and other resources to complete projects.</p> <p>EES 11 Take responsibility for ones own actions, decisions, and consequences.</p> |
| Course Evaluation: | <p>Passing Grade: 50%,</p> <p>A minimum program GPA of 2.0 or higher where program specific standards exist is required for graduation.</p> |
| Books and Required Resources: | <p>Methods of Group Exercise Instruction by Yoke Publisher: Human Kinetics Publishers Edition: 4th ISBN: 9781492571766</p> |

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| Course Outcomes and Learning Objectives: | Course Outcome 1 | Learning Objectives for Course Outcome 1 |
| | 1. Demonstrate appropriate exercises for each of the essential components of a group exercise class. | 1.1 Identify essential components of an effective warm up and cool down 1.2 Identify essential components of cardio-respiratory training 1.3 Identify essential components of muscular conditioning 1.4 Identify essential components of flexibility training 1.5 Identify appropriate warm-up and cool-down exercises 1.6 Identify appropriate cardio-respiratory exercises 1.7 Identify appropriate musculoskeletal exercises 1.8 Identify appropriate flexibility exercises |
| | Course Outcome 2 | Learning Objectives for Course Outcome 2 |
| | 2. Design exercise classes grounded in the fundamentals of anatomy, biomechanics and physiology | 2.1 Identify exercises for each of the major muscle groups 2.2 Identify progressions and regressions of a variety of exercises 2.3 Identify exercises for planes of motions 2.4 Discuss the execution of a variety of exercises 2.5 Identify physiological changes that occur within the cardiovascular, muscular and nervous system. |
| | Course Outcome 3 | Learning Objectives for Course Outcome 3 |
| | 3. Critique various types/forms/styles of group exercise classes. | 3.1 Participate in a variety of fitness style classes 3.2 Identify and explain advantages and disadvantages of various group classes 3.3 Recognize the type of participants that attend the various styles of classes 3.4 Identify various forms of a circuit 3.5 Identify various forms of an interval class |
| | Course Outcome 4 | Learning Objectives for Course Outcome 4 |
| | 4. Design group exercise classes using appropriate exercise equipment | 4.1 Identify equipment used in group aerobic, strength, and flexibility classes 4.2 Distinguish between effective and ineffective group training |

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| | <p>equipment</p> <p>4.3 Identify the appropriate use of various equipment</p> <p>4.4 Weigh the advantages and disadvantages of various types of group training equipment for a variety of exercises and participants</p> |
| Course Outcome 5 | Learning Objectives for Course Outcome 5 |
| 5. Demonstrate appropriate group exercise communication and leadership styles. | <p>5.1 Identify and explain various motivation, feedback and cueing techniques</p> <p>5.2 Present as a knowledgeable fitness professional</p> <p>5.3 Interpret verbal and non-verbal communication and behavior correctly</p> <p>5.4 Demonstrate a variety of leadership styles to meet the needs of the clients</p> <p>5.5 Identify group cohesion as it applies to group exercise</p> <p>5.6 Identify the importance of role modeling for group exercise instructors</p> <p>5.7 Identify healthy environment principles in group exercise</p> |
| Course Outcome 6 | Learning Objectives for Course Outcome 6 |
| 6. Demonstrate the importance of appropriate music for group exercise classes. | <p>6.1 Explain the advantages and disadvantages of the use of music in group exercise</p> <p>6.2 Explain the fundamentals of music in group exercise including rhythm, beat, tempo, and phrasing</p> <p>6.3 Identify various music styles and apply to appropriate classes</p> <p>6.4 List recommendations for music volume in group exercise classes</p> |
| Course Outcome 7 | Learning Objectives for Course Outcome 7 |
| 7. Demonstrate elements necessary to ensure safety of group fitness class participants. | <p>7.1 Determine client readiness for physical activity and identify clients who should seek medical clearance prior to becoming physically active</p> <p>7.2 Protect the confidentiality of all client records and information</p> <p>7.3 Assess heart rate before, during, and after training</p> <p>7.4 Recognize and describe appropriate methods of monitoring exercise intensity</p> <p>7.5 List necessary elements of fitness facility and equipment safety and design strategies to manage risk</p> <p>7.6 Recognize contraindicated movements and identify appropriate modifications</p> <p>7.7 Identify minimum qualifications to ensure safe operation of programs and activities</p> <p>7.8 Apply knowledge of first aid and CPR as necessary</p> <p>7.9 Identify communicable diseases and their transmission</p> <p>7.10 Identify appropriate order of exercises</p> |
| Course Outcome 8 | Learning Objectives for Course Outcome 8 |
| 8. Design fitness classes for a variety of developmental needs | <p>8.1 Explain instructional modifications necessary to train diverse abilities and ages</p> <p>8.2 Utilize strategies which support the inclusion of diverse</p> |

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| | | populations and individuals with special needs 8.3 Identify AODA guidelines | | | | | | |
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| | Course Outcome 9 | Learning Objectives for Course Outcome 9 | | | | | | |
| | 9. Demonstrate principles of motivation and adherence as they apply to the group fitness participant. | 9.1 Define the terms of motivation and adherence 9.2 Explain recent trends in group fitness 9.3 Identify techniques to incorporate health education and health promotion into group classes 9.4 Examine research on motivation and adherence 9.5 Execute motivational cueing | | | | | | |
| | Course Outcome 10 | Learning Objectives for Course Outcome 10 | | | | | | |
| | 10. Conduct a circuit or interval group fitness class | 10.1 Demonstrate elements of communication, leadership, risk management, program and exercise design, motivation, and instructional modifications to the planning and implementation of a group exercise class. 10.2 Participate in peer evaluations 10.3 Design various circuit and interval based workouts 10.4 Differentiate between circuit and interval based workouts 10.5 Identify steps to designing a circuit and interval based workout | | | | | | |
| | Course Outcome 11 | Learning Objectives for Course Outcome 11 | | | | | | |
| | 11. Demonstrate appropriate cueing for a group fitness class | 11.1 Define cueing types, visual, verbal, safety, alignment, motivational, educational, tactile, and imagery 11.2 Identify examples of each cueing type | | | | | | |
| Evaluation Process and Grading System: | <table><tr><th>Evaluation Type</th><th>Evaluation Weight</th></tr><tr><td>Assignments</td><td>60%</td></tr><tr><td>Practical Exam</td><td>40%</td></tr></table> | | Evaluation Type | Evaluation Weight | Assignments | 60% | Practical Exam | 40% |
| Evaluation Type | Evaluation Weight | | | | | | | |
| Assignments | 60% | | | | | | | |
| Practical Exam | 40% | | | | | | | |
| Date: | December 21, 2021 | | | | | | | |
| Addendum: | Please refer to the course outline addendum on the Learning Management System for further information. | | | | | | | |

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