COMMON COURSE OUTLINE: Course discipline/number/title: PHED 2240: Methods of Group Fitness Instruction

A. CATALOG DESCRIPTION
1. Credits: 3
2. Hours/Week: 4, 2 hours lecture and 2 hours lab
3. Prerequisites (Course discipline/number): None
4. Co-requisites (Course discipline/number): None
5. MnTC Goals (if any): NA

Teaching group fitness requires an in-depth understanding of both the anatomy and physiology of the body and training principles to provide a safe, exciting and challenging workout for your clients. This course is designed to provide you with the actual physical components of teaching using cues and routines along with progressions designed to provide challenges in any group fitness setting. This course will supply both the foundation for understanding the body systems and how various training regimes benefit the body as a whole, and the hands-on incorporation of teaching techniques.

RECOMMENDED ENTRY SKILLS/KNOWLEDGE: College Level Reading, PHED 1105, PHED1122, PHED 1124, PHED 1125, PHED 1126, PHED 1127, PHED 1132, PHED 1133, and PHED 2245.

B. DATE LAST REVISED (Month, year): February, 2010

C. OUTLINE OF MAJOR CONTENT AREAS:
1. Planning workouts to assure balanced physical activities and while challenging participants.
2. Proper warm-up, cool down and stretching techniques, as well as, implementing all aspects of the health and skill components of fitness, throughout the course of building a variety of group fitness classes.
3. Preparation of progressive training continuum for class participants
4. Understanding body image perceptions.
5. Formats for implementing motivations to a diverse population.
6. Understanding student-centered versus teacher-centered instruction.
7. Understanding and implementing the fundamentals of choreography, cueing, smooth transitions and the use of music in preparing for and implementing group fitness instruction.
8. Understanding group exercise modalities of step training, yoga, kickboxing, yoga, palates, water exercise, stationary cycling, and sport conditioning or functional training.
9. Legal aspects of general liability and negligence, and music licensing and copyright laws as they relate to activity and the fitness world.
10. Recognize and utilize major certification tools provided through various industry certifying standards as it applies to the individual’s area of interest.

D. LEARNING OUTCOMES (GENERAL): The student will be able to:
1. Integrate the basic components of health into group fitness class designs to meet the objectives of the specific class.
2. Create a positive atmosphere for all students to be motivated and successful with any fitness class.
3. Effectively evaluate music for a variety of different group fitness applications.
4. Build basic cardio combinations, cue and implement smooth transitions and utilize elements of variations of tempo to enhance progressive cardiovascular training.
5. Implement choreography utilizing all safety components of proper body alignment and techniques for safe exercise.
6. Build basic indoor cycling combinations, cue and motivate while utilizing music and variations of tempo to enhance progressive cardiovascular and strength training through cycling.
7. Properly use equipment specific to water training to build effective group water exercise training.
8. Incorporate a balance of all aspects of health and skill related components of fitness into any fitness course.
9. Explain the basic philosophy and perform the basic postures of yoga, while implementing proper alignment, technique and safety protocols.
10. Explain the basic philosophy and perform the basic postures of palates, while implementing proper alignment, technique and safety protocols.
11. Create client-centered activity classes or on-going programs based on current trends, interests, age appropriateness and lifetime activities.
12. Evaluate training equipment that will best support class instruction.

E. LEARNING OUTCOMES (MNTC): NA
F. METHODS FOR EVALUATION OF STUDENT LEARNING:
1. Daily assignments
2. Quizzes
3. Routine development for specific activities
4. Practical assessment of techniques.
5. Exams

G. SPECIAL INFORMATION (if any): None