

Course discipline/number/title: PHED 2292: Group Fitness Instructor Internship

A. CATALOG DESCRIPTION

1. Credits: 2
2. Hours/Week: 4 Internship
3. Prerequisites (Course discipline/number): None
4. Other requirements: None
5. MnTC Goals (if any): NA

B. COURSE DESCRIPTION: This course is comprised of approved on-the-job supervised work experience in the field of Group Fitness Instructor. Responsibilities and duties will be comprised of hands-on instruction of classes in a group fitness setting in relation to the individual's desired area. Duties will be determined by the direct supervisor of the internship with the approval of the internship director.

C. DATE LAST REVISED (Month, year): April, 2019

D. OUTLINE OF MAJOR CONTENT AREAS:

Duties to be performed throughout the internship will be in relationship to the content areas covered throughout the tenure of the student's educational process. These areas will relate to, but are not limited to, planning of and implementation of group fitness classes in any of the following areas:

1. Yoga
2. Indoor cycling
3. Spinning
4. Muscle strengthening
5. Flexibility
6. Walking
7. Jogging
8. Step aerobics
9. Pilates
10. Yoga
11. Tai chi
12. Water-based fitness activity classes

E. LEARNING OUTCOMES (GENERAL): The student will be able to:

1. Apply learned concepts into day-to-day activities within career field.
2. Develop practical experience in the field of group fitness instruction.

F. LEARNING OUTCOMES (MNTC): NA

G. METHODS FOR EVALUATION OF STUDENT LEARNING: Methods may include but are not limited to:

1. Detailed internship plan established by student and direct internship supervisor as to student responsibilities, prior to internship start date.
2. Performance evaluations.
3. Site observation by internship supervisor.

H. RCTC CORE OUTCOME(S). This course contributes to meeting the following RCTC Core Outcome(s): Critical Thinking. Students will think systematically and explore information thoroughly before accepting or formulating a position or conclusion.

I. SPECIAL INFORMATION (if any):

This course is recommended by the Minnesota State High School League for all coaches. The MSHSL is a National Federation of High Schools Association member, and this course is also strongly recommended by the NFHS. Completion of this course will only be a positive for any student who chooses to be involved in coaching at any level.



- I. SPECIAL INFORMATION (if any): Continued. . .
 1. In Minnesota, coaching a varsity level sport requires a bachelor's degree in education OR the completion of a course such as this.
 2. The completion of this course requires the completion of the national certifying ASEP exam. This allows the individual to be recognized nationally for meeting the initial criteria for coaching in any state. The minimum passing criteria is 80%. At completion of this national standard the individual is then included on the ASEP national coaches registry. There is no fee to complete the certification exam.