

**KINES 50.1 Course Outline as of Fall 2023****CATALOG INFORMATION**

Dept and Nbr: KINES 50.1 Title: FIT TEACHING PRACTICUM

Full Title: Fitness Teaching Practicum

Last Reviewed: 12/12/2022

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	1.00	Lecture Scheduled	0.25	17.5	Lecture Scheduled	4.38
Minimum	1.00	Lab Scheduled	0	4	Lab Scheduled	0
		Contact DHR	2.75		Contact DHR	48.13
		Contact Total	3.00		Contact Total	52.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 8.75

Total Student Learning Hours: 61.25

Title 5 Category: AA Degree Applicable

Grading: Grade Only

Repeatability: 00 - Two Repeats if Grade was D, F, NC, or NP

Also Listed As:

Formerly:

**Catalog Description:**

Students seeking to complete the Fitness, Nutrition, and Health Certificate/Major will gain experience through practical application and supervised practice of lead fitness instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction.

**Prerequisites/Corequisites:****Recommended Preparation:****Limits on Enrollment:****Schedule of Classes Information:**

Description: Students seeking to complete the Fitness, Nutrition, and Health Certificate/Major will gain experience through practical application and supervised practice of lead fitness instructional techniques. Students will assist faculty in areas of administration, classroom management, teaching techniques, and instruction. (Grade Only)

Prerequisites/Corequisites:

Recommended:  
Limits on Enrollment:  
Transfer Credit: CSU;  
Repeatability: Two Repeats if Grade was D, F, NC, or NP

## **ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:**

<b>AS Degree:</b>	<b>Area</b>	Effective:	Inactive:
<b>CSU GE:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>IGETC:</b>	<b>Transfer Area</b>	Effective:	Inactive:
<b>CSU Transfer:</b>	Transferable	Effective: Fall 2023	Inactive:
<b>UC Transfer:</b>		Effective:	Inactive:

**CID:**

### **Certificate/Major Applicable:**

Both Certificate and Major Applicable

## **COURSE CONTENT**

### **Student Learning Outcomes:**

At the conclusion of this course, the student should be able to:

1. Develop written lesson plans for a class or training session.
2. Instruct an entire class using appropriate communication and instructional methods and skills.

### **Objectives:**

At the conclusion of this course, the student should be able to:

1. Identify and implement the components of a lesson plan based on format of class, clear objectives, and learning outcomes.
2. Demonstrate communication skills pertaining to group and individual instruction using appropriate cueing, terminology, and student feedback.
3. Demonstrate appropriate exercise selection and order using proper technique and safety in individual and group instruction.
4. Demonstrate standard safety skills in selected equipment and activities.
5. Provide appropriate options for multi-level participants and various health conditions.
6. Apply instructional methods, classroom management techniques, and administration organization for a particular activity to teaching experiences in a practical setting.
7. Assess and analyze personal experience and current strengths and areas of development as a lead instructor.

### **Topics and Scope:**

#### **I. Lead Instructing for Components of a Class**

- A. Warm-up
- B. Cool-down and flexibility
- C. Main session (cardiovascular, muscular strength and endurance)
- D. Core training

#### **II. Lead Instructing for a Full Class**

- III. Assisting a Lead Instructor
- IV. Lesson Planning and Class Organization
- V. Classroom Procedures and Protocol
  - A. Administration
  - B. Classroom management
- VI. Proper Form, Skills, Use of Equipment, and Safety Considerations for the Activity
- VII. Teaching Methods Appropriate for the Activity
- VIII. Appropriate Corrections or Feedback to Participants
- IX. Providing Options, Modifications, Regressions, and Progressions for All Levels and Limitations
- X. Communication Skills
- XI. Assessment of Teaching Experience
  - A. Personal evaluation of strengths and areas of development
  - B. Student evaluations and feedback

### Assignment:

1. Develop personal objectives (4)
2. Lesson plans for specific format of class (3-5)
3. Instruction of individual components of lesson plans
4. Instruct full length class based on lesson plan and proper instructional methods
5. Written assessment of teaching experience, personal objectives, and self-evaluation
6. Attendance and participation

### Methods of Evaluation/Basis of Grade:

**Writing:** Assessment tools that demonstrate writing skills and/or require students to select, organize and explain ideas in writing.

Personal objectives; lesson plans for specific format of class; written assessment of teaching experience, personal objectives, and self-evaluation

Writing  
10 - 40%

**Problem Solving:** Assessment tools, other than exams, that demonstrate competence in computational or non-computational problem solving skills.

None

Problem solving  
0 - 0%

**Skill Demonstrations:** All skill-based and physical demonstrations used for assessment purposes including skill performance exams.

Personal objectives; fitness instruction demonstrations; instruct full length activity session

Skill Demonstrations  
40 - 50%

**Exams:** All forms of formal testing, other than skill performance exams.

None

Exams  
0 - 0%

**Other:** Includes any assessment tools that do not logically fit into the above categories.

Attendance and participation
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Other Category 20 - 40%
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**Representative Textbooks and Materials:**

ACSM's Resources for the Personal Trainer. 6th Ed. Hargens, Trent and American College of Sports Medicine. LWW. 2021.

Instructor prepared materials