KINES 83 Course Outline as of Fall 2010

CATALOG INFORMATION

Dept and Nbr: KINES 83 Title: TECH FITNESS INSTRUCTION
Full Title: Techniques of Fitness Instruction
Last Reviewed: 2/26/2024

Units		Course Hours per Week		Nbr of Weeks	Course Hours Total	
Maximum	3.00	Lecture Scheduled	2.00	17.5	Lecture Scheduled	35.00
Minimum	3.00	Lab Scheduled	3.00	5	Lab Scheduled	52.50
		Contact DHR	0		Contact DHR	0
		Contact Total	5.00		Contact Total	87.50
		Non-contact DHR	0		Non-contact DHR	0

Total Out of Class Hours: 70.00 Total Student Learning Hours: 157.50

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:
This course addresses methods of instruction for individual and group exercise in various formats, utilizing a variety of training equipment. Course focuses on knowledge and skills associated with planning, implementing, leading, and managing learners and environment using safe and effective exercises for a variety of fitness levels, including special populations. Exercise guidelines, techniques, safety, liability issues, employment, client retention, and business management will also be discussed.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 or ESL 100

Limits on Enrollment:

Schedule of Classes Information:
Description: This course addresses methods of instruction for individual and group exercise in various formats, utilizing a variety of training equipment. Course focuses on knowledge and skills associated with planning, implementing, leading, and managing learners and environment

using safe and effective exercises for a variety of fitness levels, including special populations. Exercise guidelines, techniques, safety, liability issues, employment, client retention, and business management will also be discussed. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 or ESL 100
Limits on Enrollment:
Transfer Credit: CSU;
Repeatability: Two Repeats if Grade was D, F, NC, or NP

ARTICULATION, MAJOR, and CERTIFICATION INFORMATION:

AS Degree:	**Area**			Effective:	Inactive:
CSU GE:	**Transfer Area**			Effective:	Inactive:
IGETC:	**Transfer Area**			Effective:	Inactive:
CSU Transfer:	Transferable	Effective:	Fall 2010	Inactive:	
UC Transfer:		Effective:		Inactive:	

CID:

Certificate/Major Applicable:
Both Certificate and Major Applicable

COURSE CONTENT

Outcomes and Objectives:
Upon completion of this course the student will be able to:

1. Integrate health-related components of fitness into group exercise class segments and individual training sessions.
2. Identify certifications, continuing education, professional memberships, journals and research, and other resources for fitness instructors.
3. Understand the evolution and ethical standards of group exercise and personal fitness training.

4. Discuss the cultural influence on body image, creating a healthy atmosphere, and positive role modeling.
5. Demonstrate proper music selection, basic moves and combinations, building choreography, and cueing for various group exercise formats.
6. Demonstrate safety techniques and proper use of weight training and other exercise equipment.
7. Demonstrate exercise modifications for special populations and various fitness levels.
8. Demonstrate effective communication, exercise selection, proper technique and safety in individual and group exercise instruction.
9. Describe the liability issues and responsibilities involved in fitness instruction.
10. Describe best business management practices, sales and marketing, client retention, and motivation techniques for group exercise instructors and personal trainers.
11. Identify standards, wages, and opportunities for employment for fitness instructors.
12. Identify the procedure for applying, auditioning, and interviewing for employment as a group exercise instructor, personal trainer, and other related fitness careers.

Topics and Scope:

I. Introduction to Group Exercise and Personal Training
- A. Evolution of group exercise and personal training
- B. Health-related components of Fitness
- C. Student-centered versus Teacher-centered instruction
- D. Professional Certifications
- E. Group cohesion research

II. Evolution of Fitness
- A. Exercise motivation
- B. Cultural influences on body image and exercise
- C. Fitness instructors as role models
- D. Creating a healthy exercise environment

III. Instructing Individuals and Groups
- A. Integrating health related components
- B. Health history and consent form
- C. Mixed-level participants, modifications, special populations
- D. Pre-organization, introduction, orientation, and creating a positive atmosphere
- E. Communication skills
- F. Music selection for group exercise
- G. Exercise adherence and motivation

IV. Guidelines for Group Exercise Class Segments
- A. Warm-up
- B. Cardio respiratory Training
- C. Muscular Conditioning
- D. Flexibility Training

V. Practical teaching skills
- A. High/Low impact
  1. Technique and safety
  2. Basic moves and elements of variation
  3. Smooth transitions
  4. Building basic combinations and additional choreography techniques
  5. Cueing methods
- B. Step training
  1. Technique and safety
  2. Basic moves, combinations, and choreography techniques
  3. Training systems
- C. Kickboxing
  1. Warm-up and dynamic rehearsal moves
  2. Technique and safety
  3. Basic punches and kicks
  4. Basic combinations and choreography techniques
- D. Indoor Cycling
  1. Warm-up and dynamic rehearsal moves
  2. Verbal cues and tempo
  3. Technique and safety
  4. Basic moves, formatting, and intensity
  5. Cueing methods
- E. Water Exercises
  1. Properties of water and Newton's laws of motion
  2. Land and water differences

3. Technique and safety
4. Verbal cues and tempo
5. Basic moves and equipment

F. Other group exercise modalities: Yoga, Pilates, Hip Hop, Rebounding, Boot Camp, Zumba, NIA, Barre

VI. Techniques of Weight Training
A. Contraindications
B. Safety and effectiveness of various exercises
C. Spotting techniques
D. Proper technique using weight machines and free weights
E. Using other equipment (resistance bands, stability balls, foam rollers, agility training, plyometrics, medicine balls, balance trainers, etc…)

VII. Continuing Education
A. National Group Exercise and Personal Trainer Certifications
B. Conferences and workshops
C. Professional memberships
D. Websites
E. Choreography and music
F. Current trends

VIII. Liability and business management
A. Insurance
B. Personal Training Software for Business Management
C. Sales and marketing
D. Client retention strategies
E. Time management and organizational strategies
F. Accounting

IX. Applying, interviewing and/or auditioning for a group exercise or fitness instructor position.
A. Job searches in the fitness industry
B. Types of positions in the fitness industry
C. Salary, pay scale, and advancement
D. Employee versus independent contractor

Assignment:

1. Required reading from textbook 10-25 pages per week.
2. Identify and write 1-3 reports on professional journal articles and other resources for fitness professionals.
3. Design and lead 1-3 formats of group exercise to music.
4. Attend 1-3 group exercise classes and complete an evaluation and written report on the observation(s).
5. Demonstrate exercises with modifications for all skill levels and special population needs.
6. Interview 1-2 fitness professionals employed in the students area of interest.
7. Create a personal resume and complete a mock application, interview, and audition in groups.
8. 1-4 quizzes.
9. 2-4 exams.

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.

Written report on journal article or fitness professional resources. Written evaluation on group exercise class. Written resume.	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.

Lead group exercise class, demonstration of modifications for special populations and skill levels.	Skill Demonstrations 10 - 45%

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

Multiple choice, True/false, Essay	Exams 40 - 70%

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

Participation and Attendance	Other Category 5 - 15%

Representative Textbooks and Materials:
Methods of Group Exercise Instruction, 2nd Edition By Carol A. Kennedy-Ambruster and Mary M. Yoke, Human Kinetics. 2009
NSCA's Essentials of Personal Training by Roger W. Earle and Thomas R. Baechle. Human Kinetics. 2004
Instructor Prepared materials