KIN 83 Course Outline as of Summer 2025

CATALOG INFORMATION

Dept and Nbr: KIN 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:	KINES 83

Catalog Description:
Students will learn methods of instruction for individual and group exercise in various formats, utilizing a variety of training equipment. Students will also learn 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. Course content is part of the national American Council on Exercise (ACE) certification program. This course, along with Kines 80 and 81, will prepare students to take the ACE Personal Trainer and Group Fitness Certification exam.

Prerequisites/Corequisites:

Recommended Preparation:
Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or appropriate placement based on AB705 mandates

Limits on Enrollment:

Schedule of Classes Information:

Description: Students will learn methods of instruction for individual and group exercise in various formats, utilizing a variety of training equipment. Students will also learn 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. Course content is part of the national American Council on Exercise (ACE) certification program. This course, along with Kines 80 and 81, will prepare students to take the ACE Personal Trainer and Group Fitness Certification exam. (Grade Only)
Prerequisites/Corequisites:
Recommended: Eligibility for ENGL 100 OR EMLS 100 (formerly ESL 100) or appropriate placement based on AB705 mandates
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

Student Learning Outcomes:
At the conclusion of this course, the student should be able to:
1. Demonstrate group and individual exercise instruction in all of the components of fitness using proper technique, cueing, safety, and modifications for special populations and mixed-level participants throughout their lifespan.
2. Identify professional organizations, certifying agencies, and credible research in the field of Kinesiology and synthesize the information and summarize findings orally and in writing.

Objectives:
At the conclusion of this course, the student should 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. Demonstrate pre-participant screening preparticipation health screening.
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 individual and group exercise instruction.
9. Describe the legal guidelines, liability issues, responsibilities, and code of ethics involved in fitness instruction.
10. Describe behavior change principles and motivational techniques.
11. Describe the foundations of movement and healthy eating for health and fitness.
12. Identify diverse settings to offer group fitness classes.

Topics and Scope:

I. Best Practices in 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. Qualities of group fitness instructors and personal trainers
- F. Group cohesion research
- G. Defining scope of practice
- H. Knowledge skills and abilities of American Council on Exercise (ACE) certified professionals
- I. Professional responsibility, conduct, and ethics

II. Foundational Concepts
- A. Exercise motivation
- B. Cultural influences on body image and exercise
- C. Fitness instructors as role models
- D. Creating a healthy exercise environment
- E. Principles of muscle balance
- F. Balancing strength and flexibility
- G. Range of motion for major joints
- H. Progressive functional training continuum
- I. Safety issues, alignment, technique
- J. Foundations of movement
- K. Nutrition for health and fitness

III. Instructing Individuals and Groups
- A. Integrating health related components
- B. Health history and consent form
- C. Injury prevention for mixed-level participants, modifications, special populations
- D. Pre-organization, introduction, orientation, and creating a positive atmosphere
- E. Communication skills
- F. Basics of behavior modification
- G. Goal setting
- H. Music selection for group exercise
- I. Exercise adherence and motivation
- J. Intensity monitoring
- K. Importance of participant interaction and enjoyment
- L. Program considerations for obesity, chronic illness, and other conditions across the lifespan

IV. Guidelines for Group Exercise Class Segments
- A. Warm-up
- B. Cardiorespiratory Training
- C. Muscular conditioning
- D. Cool-down
- E. Flexibility training

V. Practical Teaching Skills
- A. Cardiorepiratory conditioning
  1. High Intensity Interval Training (HIIT) and Tabata training technique and safety
  2. Basic exercises and elements of variation
  3. Smooth transitions
  4. Building balanced programming
  5. Cueing methods
- B. Step training
  1. Technique and safety
  2. Basic moves, combinations, and choreography techniques
  3. Training systems
- C. Mobility/Flexibility
  1. Stretching
  2. Self-myofascial release
  3. Passive and active stretching
- D. Aquatic 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
- E. Skill Related Training
  1. Balance
  2. Speed, agility, and quickness
  3. Plyometrics
- F. Other group exercise modalities
  1. Yoga
  2. Pilates
  3. Hip Hop
  4. Rebounding
  5. Boot Camp
  6. Zumba
  7. Kickboxing
  8. Barre
- G. Offering group fitness classes in diverse settings

VI. Techniques of Weight Training
- A. Contraindications
- B. Safety and effectiveness of various exercises
- C. Spotting techniques
- D. Proper biomechanics and technique using weight machines and free weights
- E. Using other equipment
  1. Resistance bands
  2. TRX
  3. Kettlebells
  4. Stability balls
  5. Foam rollers

6. Medicine balls
7. Balance trainers

VII. Continuing Education Sources
A. National Group Exercise and Personal Trainer Certifications
B. Conferences and workshops
C. Professional memberships
D. Credible 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
G. Professional responsilbilities and legal guidelines

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

All topics are covered in the lecture and lab portions of the course

Assignment:

Lecture-related Assignments:
1. Required reading from textbook 15-30 pages per week.
2. Identify and write 1-3 report(s) on a topic using professional journal articles and other credible resources for fitness professionals and summarize the information orally in class or video.
3. Quizzes and exams.

Lab-related Assignments:
1. Design and lead 1-2 individual personal training session(s) based on fitness and health questionnaire information.
2. Design and lead 1-3 format(s) of group exercise to music.
3. Attend 1-3 group exercise class(es) and complete an evaluation and written report on the observation(s).
4. Demonstrate regressions and progressions for exercises using modifications for all skill levels and injury needs.

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(s) on journal article or fitness professional resources. Written evaluation on group exercise class(es).	Writing 10 - 25%

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 session(s) one-on-one personal training sessions, demonstration of multi-level instruction, oral or video report	Skill Demonstrations 30 - 45%

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

Quizzes and Exams	Exams 40 - 55%

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:
The Exercise Professional's Guide to Group Fitness Instruction. American Council on Exercise. 2023
The Exercise Professional's Guide to Personal Training. American Council on Exercise. 2020