

KINES 83 Course Outline as of Fall 2021

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 or appropriate placement based on AB705 mandates

**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 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:**

|                      |                      |                      |           |
|----------------------|----------------------|----------------------|-----------|
| <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 2010 | 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. 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.
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:**

Students 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. 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. Best practices
- F. Group cohesion research

### **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

### **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. Music selection for group exercise
- G. Exercise adherence and motivation
- H. Intensity monitoring
- I. Importance of participant interaction and enjoyment

### **IV. Guidelines for Group Exercise Class Segments**

- A. Warm-up
- B. Cardio respiratory Training
- C. Muscular Conditioning
- D. Cool-down
- E. Flexibility Training

### **V. Practical Teaching Skills**

- A. Cardiovascular Conditioning
  1. HIIT (High Intensity Interval Training) 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. 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 biomechanics and technique using weight machines and free weights
  - E. Using other equipment (resistance bands, TRX, kettlebells, stability balls, foam rollers, agility training, plyometrics, medicine balls, balance trainers, etc...)
- 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
- 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:

1. Required reading from textbook 10-25 pages per week
2. Identify and write 1-3 reports on a topic using professional journal articles and other credible resources for fitness professionals and summarize the information orally in class or video on CANVAS from your written report.
3. Design and lead 1-2 individual personal training sessions based on fitness and health questionnaire information.
4. Design and lead 1-3 formats of group exercise to music
5. Attend 1-3 group exercise classes and complete an evaluation and written report on the observation(s)
6. Demonstrate regressions and progressions for exercises using modifications for all skill levels and injury needs
7. Quiz(zes) (1 - 4)
8. Exams (2 - 4)

### Lecture-Related Assignments:

1. Required reading from textbook 10-25 pages per week
2. Identify and write 1-3 reports on a topic using professional journal articles and other credible resources for fitness professionals and summarize the information orally in class or video on CANVAS from your written report.
7. Quiz(zes) (1 - 4)
8. Exams (2 - 4)

### Lecture- and Lab-Related Assignments:

3. Design and lead 1-2 individual personal training sessions based on fitness and health questionnaire information.
4. Design and lead 1-3 formats of group exercise to music
5. Attend 1-3 group exercise classes and complete an evaluation and written report on the observation(s)

### Lab-Related Assignments:

6. 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 on journal article or fitness professional resources. Written evaluation on group exercise class. |
|--|

|                     |
|---------------------|
| Writing<br>10 - 25% |
|---------------------|

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

|  |                                  |
|--|----------------------------------|
| None   | Problem solving<br>0 - 0%        |
| <b>Skill Demonstrations:</b> All skill-based and physical demonstrations used for assessment purposes including skill performance exams. |                                  |
| Lead group exercise class, one-on-one personal training session, demonstration of multi-level instruction. oral report                   | Skill Demonstrations<br>30 - 45% |
| <b>Exams:</b> All forms of formal testing, other than skill performance exams.   |                                  |
| Quiz(zes) and Exams  | Exams<br>40 - 55%                |
| <b>Other:</b> Includes any assessment tools that do not logically fit into the above categories.   |                                  |
| Participation and Attendance   | Other Category<br>5 - 15%        |

### **Representative Textbooks and Materials:**

Methods of Group Exercise Instruction. 4th ed. Yoke and Armbruster. Human Kinetics. 2020  
ACSM's Resources for the Personal Trainer. 5th ed. American College of Sports Medicine.  
Wolters Kluwer. 2017  
Instructor prepared materials