



**COURSE OUTLINE : KIN 155**

**D Credit – Degree Applicable**

**COURSE ID 003007**

**Cyclical Review: APRIL 2021**

**COURSE DISCIPLINE :** KIN

**COURSE NUMBER :** 155

**COURSE TITLE (FULL) :** Foundations for Group Exercise Instruction

**COURSE TITLE (SHORT) :** Foundations for Group Exercise

**ACADEMIC SENATE DISCIPLINE:** Kinesiology

### **CATALOG DESCRIPTION**

KIN 155 covers the theory and practice of designing and leading group exercise classes. This course covers critical competencies required for students interested in taking the certified Group Exercise Instructor (GEI) or Group Fitness Instructor (GFI) exams offered by several national certification agencies. The foundations for group exercise instruction include: safety and risk management, group exercise session design, effective demonstration, delivery and motivation, specialized group exercise certifications, and considerations for participant needs. Emerging group fitness formats, virtual group fitness and creating inclusive group exercise classes are also discussed. Lab includes practical experience leading group exercise sessions.

### **CATALOG NOTES**

Note: This course is designed as a part of the Fitness Specialist Program curriculum.

Total Lecture Units:2.00

Total Laboratory Units: 1.00

**Total Course Units: 3.00**

Total Lecture Hours:36.00

Total Laboratory Hours: 54.00

Total Laboratory Hours To Be Arranged: 0.00

**Total Contact Hours: 90.00**

**Total Out-of-Class Hours: 72.00**

Recommended Preparation: BIOL 115 or equivalent, ENGL 100 or ESL 151, KIN 167 or equivalent.



**ENTRY STANDARDS**

	<b>Subject</b>	<b>Number</b>	<b>Title</b>	<b>Description</b>	<b>Include</b>
1				Perform moderate physical activity;	Yes
2				demonstrate proper posture and exercise technique;	Yes
3				identify the body systems, their organs and functions	Yes
4				explain the homeostatic mechanisms of the organ systems of the human body	Yes
5				understand the cause and effect of major diseases of the human body	Yes
6	BIOL	115	Human Biology	identify the body systems, their organs and functions;	Yes
7	BIOL	115	Human Biology	explain the homeostatic mechanisms of the organ systems of the human body;	Yes
8	BIOL	115	Human Biology	understand the cause and effect of major diseases of the human body;	Yes
9	KIN	167	Weight Training and Conditioning I	demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises;	Yes
10	KIN	167	Weight Training and Conditioning I	identify appropriate resistance exercises to train major muscle groups;	Yes
11	KIN	167	Weight Training and Conditioning I	describe the principles of fitness;	Yes
12	ENGL	100	Writing Workshop	read, analyze, and evaluate contemporary articles and stories for the comprehension of difficult content and the identification of main ideas and (topic-based) evidence;	Yes
13	ENGL	100	Writing Workshop	proofread and edit essays for content, language, citation, and formatting problems.	Yes
14	ESL	151	Reading and Composition V	compose a 500 to 550-word essay which: summarizes and cites appropriately a reading passage; includes a clear thesis statement; uses evidence to support the thesis; shows clear organization into an introduction, body, and conclusion;	Yes

**EXIT STANDARDS**

- 1 Design group fitness routines applying principles of exercise;
- 2 lead group exercise sessions effectively, demonstrating and cuing exercises with appropriate form and modifications;
- 3 provide appropriate motivational and correctional cues and feedback during group exercise sessions;
- 4 evaluate the efficacy of example group exercise sessions for both design and delivery.



**STUDENT LEARNING OUTCOMES**

- 1 lead a group fitness session demonstrating correct execution, instruction and cueing of exercises;
- 2 design a group exercise session based on scientific principles and evidence-based practice;
- 3 utilize universal risk management strategies.

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**COURSE CONTENT WITH INSTRUCTIONAL HOURS**

	Description	Lecture	Lab	Total Hours
1	Introduction to Group Fitness Instruction <ul style="list-style-type: none"> <li>• Group Fitness Instructors responsibilities</li> <li>• Knowledge, skills and abilities</li> <li>• Scope of practice</li> <li>• Certification requirements</li> <li>• Specialized certifications</li> <li>• Pre-screening and risk stratification</li> <li>• Fitness assessment in group exercise</li> <li>• Liability issues</li> </ul>	4	0	4
2	Exercise Science Review <ul style="list-style-type: none"> <li>• Basic biomechanics</li> <li>• Musculoskeletal anatomy/kinesiology</li> <li>• Exercise physiology</li> </ul>	4	0	4
3	Group Exercise Session Design <ul style="list-style-type: none"> <li>• Safety and injury prevention</li> <li>• Population needs, including commonly overactive and underactive muscles</li> <li>• Equipment for group exercise</li> <li>• Goals and objectives</li> <li>• Exercise selection</li> <li>• Warm-up and movement prep</li> <li>• Cardiovascular exercises</li> <li>• Balance exercises</li> <li>• Core exercises</li> <li>• Resistance exercises</li> <li>• Cool-down and transition</li> <li>• Flexibility exercises</li> <li>• Timing and choreography</li> <li>• Music selection</li> <li>• Rest periods and water breaks</li> </ul>	12	0	12



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4	<p>Group Exercise Session Delivery</p> <ul style="list-style-type: none"> <li>• Demonstration</li> <li>• Verbal and non-verbal cuing</li> <li>• Participant learning preferences</li> <li>• Feedback</li> <li>• Motivation</li> <li>• Group dynamics</li> <li>• Dealing with disruptions</li> <li>• Participant monitoring</li> <li>• Adapting class to participant needs</li> <li>• Professionalism and presentation personality</li> <li>• Creating class flow</li> </ul>	6	0	6
5	<p>Specialized Class Formats</p> <ul style="list-style-type: none"> <li>• Indoor cycling</li> <li>• Mind-body formats</li> <li>• Branded classes</li> <li>• Bootcamp</li> <li>• High Intensity Interval Training (HIIT)</li> </ul>	2	0	2
6	<p>Participant Considerations</p> <ul style="list-style-type: none"> <li>• Inclusivity and avoiding bias</li> <li>• Adapting to participant needs</li> <li>• Musculoskeletal injuries</li> <li>• Children and youth</li> <li>• Pregnancy</li> <li>• Older adults</li> <li>• Chronic diseases</li> <li>• Obesity and size considerations</li> </ul>	4	0	4

7	<p><b>Group Fitness Instruction Lab</b></p> <ul style="list-style-type: none"> <li>• Pre-choreographed, pre-designed and freestyle classes</li> <li>• Choreographed vs. non-choreographed</li> <li>• Organization of participants</li> <li>• Intro</li> <li>• Warm-up/movement prep</li> <li>• Body of workout</li> <li>• Cool-down/transition</li> <li>• Outro</li> <li>• Mic usage</li> <li>• Music selection</li> <li>• Rhythm and timing</li> <li>• Demonstration of exercises</li> <li>• Delivery of cues and feedback</li> <li>• Hand signals</li> <li>• Instructional cues</li> <li>• Motivational cues</li> <li>• Feedback cues</li> <li>• Observation of participants</li> <li>• Adapting class to participant needs</li> <li>• Class reflection and professional growth</li> <li>• Performance evaluation</li> </ul>	0	54	54
8	<p><b>Considerations for Virtual Fitness Classes</b></p> <ul style="list-style-type: none"> <li>• Virtual group fitness classes</li> <li>• Online group fitness classes (asynchronous)</li> <li>• Technology</li> <li>• Presentation and delivery</li> <li>• Effective cuing in a virtual space</li> <li>• Music licensing considerations</li> </ul>	4	0	4
				<b>90</b>

**OUT OF CLASS ASSIGNMENTS**

- 1 case study analysis (e.g. written analysis of a fitness video)
- 2 written assignments (e.g. design a group exercise session to meet specific objectives)
- 3 project (e.g. create and video a 10-minute core workout)

**METHODS OF EVALUATION**

- 1 quizzes
- 2 midterm exams
- 3 performance exams (e.g. lead a group exercise session)
- 4 final exam



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- Lecture
- Laboratory
- Studio
- Discussion
- Multimedia
- Tutorial
- Independent Study
- Collaboratory Learning
- Demonstration
- Field Activities (Trips)
- Guest Speakers
- Presentations

**TEXTBOOKS**

Title	Type	Publisher	Edition	Medium	Author	IBSN	Date
Principles of Group Exercise Instruction	Required	Jones & Bartlett Learning	2		Athletics and Fitness Association of America	9781284402803	2018