

Glendale College

Course Outline of Record Report

Course ID 003007
Cyclical Review - September 2023

KIN155 : Foundations for Group Exercise Instruction

General Information

| | |
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| Author: | • Erin Calderone |
| Attachments: | Advisory Committee Minutes 10_21_22.pdf |
| Course Code (CB01) : | KIN155 |
| Course Title (CB02) : | Foundations for Group Exercise Instruction |
| Department: | KIN |
| Proposal Start: | Fall 2024 |
| TOP Code (CB03) : | (0835.20) Fitness Trainer |
| CIP Code: | (31.0507) Physical Fitness Technician. |
| SAM Code (CB09) : | Clearly Occupational |
| Distance Education Approved: | Yes |
| Will this course be taught asynchronously?: | No |
| Course Control Number (CB00) : | CCC000506844 |
| Curriculum Committee Approval Date: | 09/27/2023 |
| Board of Trustees Approval Date: | 11/21/2023 |
| Last Cyclical Review Date: | 09/27/2023 |
| Course Description and Course Note: | 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 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. The course also cover emerging group fitness formats, virtual group fitness and creating inclusive group exercise classes. Lab includes practical experience leading group exercise sessions. |
| Justification: | Mandatory Revision Updated catalog description, removed program note. Updated textbook per advisory committee recommendation. Updated entry standards from advisories. Updated methods of instruction. |
| Academic Career: | • Credit |

Academic Senate Discipline

| | |
|-----------------------|----------------------|
| Primary Discipline: | • Kinesiology |
| Alternate Discipline: | • Physical Education |
| Alternate Discipline: | No value |

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

Transferability & Gen. Ed. Options

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

Units and Hours

Summary

| | |
|--|-----|
| Minimum Credit Units (CB07) | 3 |
| Maximum Credit Units (CB06) | 3 |
| Total Course In-Class (Contact) Hours | 90 |
| Total Course Out-of-Class Hours | 72 |
| Total Student Learning Hours | 162 |

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Credit Course.

Variable Credit Course

Funding Agency Category (CB23)

Not Applicable.

Cooperative Work Experience Education

Status (CB10)

Weekly Student Hours

| | In Class | Out of Class |
|------------------|----------|--------------|
| Lecture Hours | 2 | 4 |
| Laboratory Hours | 3 | 0 |

Course Student Hours

| | |
|--|----|
| Course Duration (Weeks) | 18 |
| Hours per unit divisor | 54 |
| Course In-Class (Contact) Hours | |

| | | | | |
|----------------------------------|---|---|--------------|----|
| Studio Hours | 0 | 0 | Lecture | 36 |
| | | | Laboratory | 54 |
| | | | Studio | 0 |
| | | | Total | 90 |
| Course Out-of-Class Hours | | | | |
| | | | Lecture | 72 |
| | | | Laboratory | 0 |
| | | | Studio | 0 |
| | | | Total | 72 |

Time Commitment Notes for Students

No value

Pre-requisites, Co-requisites, Anti-requisites and Advisories

Advisory

KIN167 - Weight Training and Conditioning I

Objectives

- Demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises.
- Identify appropriate resistance exercises to train major muscle groups.
- Describe the principles of fitness.

AND

Advisory

BIOL115 - Human Biology

Objectives

- Identify the body systems, their organs and functions.
- Explain the homeostatic mechanisms of human organ systems.
- Describe the cause and effect of selected major diseases and conditions of the human body.

AND

Advisory

ABSE186 - Essentials in Reading and Writing 1

Outcomes

- Use reading comprehension strategies in order to respond with critical analysis.
- Analyze and use evidence from given texts to support claims.

OR

Advisory

ESL151 - Reading And Composition V

Objectives

- Read and critically analyze various academic readings.
- Summarize readings.

- Employ basic library research techniques.

OR

Advisory

ABSE187 - Essential Reading and Writing 2

Outcomes

- Read, analyze, and evaluate concepts within literary and nonfiction texts.

Entry Standards

Entry Standards

Perform moderate physical activity.

Specifications

Methods of Instruction

Methods of Instruction Lecture

Methods of Instruction Laboratory

Methods of Instruction Demonstrations

Methods of Instruction Discussion

Methods of Instruction Multimedia

Methods of Instruction Guest Speakers

Methods of Instruction Presentations

| | | | | |
|--|---|--|-------------|---------------|
| Methods of Instruction | | Field Activities (Trips) | | |
| Out of Class Assignments | | | | |
| <ul style="list-style-type: none"> • Case study analysis (e.g. written analysis of a fitness video) • Written assignments (e.g. design a group exercise session to meet specific objectives) • Project (e.g. create and video a 10-minute core workout) | | | | |
| Methods of Evaluation | | Rationale | | |
| Exam/Quiz/Test | | Quizzes | | |
| Exam/Quiz/Test | | Midterm exams | | |
| Presentation (group or individual) | | Performance exams (e.g. lead a group exercise session) | | |
| Exam/Quiz/Test | | Final exam | | |
| Textbook Rationale | | | | |
| No Value | | | | |
| Textbooks | | | | |
| Author | Title | Publisher | Date | ISBN |
| Cedric X. Bryant et. al. | ACE group fitness instructor handbook : the professional's guide to creating memorable movement experiences | American Council on Exercise, San Diego, California | 2018 | 9781890720681 |
| Other Instructional Materials (i.e. OER, handouts) | | | | |
| No Value | | | | |
| Materials Fee | | | | |
| No value | | | | |

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| Learning Outcomes and Objectives |
| Course Objectives |
| Design group fitness routines applying principles of exercise. |
| Lead group exercise sessions effectively, demonstrating and cuing exercises with appropriate form and modifications. |

Provide appropriate motivational and correctional cues and feedback during group exercise sessions.

Evaluate the efficacy of example group exercise sessions for both design and delivery.

SLOs

Design a group exercise session based on scientific principles and evidence-based practice.

Expected Outcome Performance: 70.0

| | |
|--------------------------|--|
| <i>ILOs</i> Core ILOs | Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas. |
| | Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems. |

| | |
|---|--|
| <i>KIN</i> Fitness Specialist - A.S. Degree Major | apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population |
| | apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams |

| | |
|---|--|
| <i>KIN</i> Fitness Specialist - Certificate | apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population |
| | demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams |

Lead a group fitness session demonstrating correct execution, instruction and cuing of exercises.

Expected Outcome Performance: 70.0

| | |
|--------------------------|--|
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| | apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams |

| | |
|---|--|
| <i>KIN</i> Fitness Specialist - Certificate | apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population |
| | demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams |
| | utilize universal risk management strategies |

Utilize universal risk management strategies.

Expected Outcome Performance: 70.0

| | |
|--------------------------|--|
| <i>ILOs</i> Core ILOs | Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems. |
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|--|--|

demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams

utilize universal risk management strategies

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Group Fitness Instruction (4 hours)

- Group Fitness Instructors responsibilities
- Knowledge, skills and abilities
- Scope of practice
- Certification requirements
- Specialized certifications
- Pre-screening and risk stratification
- Fitness assessment in group exercise
- Liability issues

Exercise Science Review (4 hours)

- Basic biomechanics
- Musculoskeletal anatomy/kinesiology
- Exercise physiology

Group Exercise Session Design (12 hours)

- Safety and injury prevention
- Population needs, including commonly overactive and underactive muscles
- Equipment for group exercise
- Goals and objectives
- Exercise selection
- Warm-up and movement prep
- Cardiovascular exercises
- Balance exercises
- Core exercises
- Resistance exercises
- Cool-down and transition
- Flexibility exercises
- Timing and choreography
- Music selection
- Rest periods and water breaks

Group Exercise Session Delivery (6 hours)

- Demonstration
- Verbal and non-verbal cuing
- Participant learning preferences
- Feedback Motivation
- Group dynamics
- Dealing with disruptions
- Participant monitoring
- Adapting class to participant needs
- Professionalism and presentation personality
- Creating class flow

Specialized Class Formats (2 hours)

- Indoor cycling
- Mind-body formats
- Branded classes
- Bootcamp
- High Intensity Interval Training (HIIT)

Participant Considerations (4 hours)

- Inclusivity and avoiding bias
- Adapting to participant needs
- Musculoskeletal injuries
- Children and youth
- Pregnancy
- Older adults
- Chronic diseases
- Obesity and size considerations

Considerations for Virtual Fitness Classes (4 hours)

- Virtual group fitness classes
- Online group fitness classes (asynchronous)
- Technology
- Presentation and delivery
- Effective cuing in a virtual space
- Music licensing considerations

Total hours: 36**Laboratory/Studio Content****Group Fitness Instruction Lab (54 hours)**

- Pre-choreographed, pre-designed and freestyle classes
- Choreographed vs. non-choreographed
- Organization of participants
- Intro
- Warm-up/movement prep
- Body of workout
- Cool-down/transition
- Outro
- Mic usage
- Music selection
- Rhythm and timing
- Demonstration of exercises
- Delivery of cues and feedback
- Hand signals Instructional cues
- Motivational cues
- Feedback cues
- Observation of participants
- Adapting class to participant needs
- Class reflection and professional growth
- Performance evaluation

Total hours: 54