

SES-2320: GROUP FITNESS INSTRUCTOR CERTIFICATION PREPARATION

Cuyahoga Community College

Viewing: SES-2320 : Group Fitness Instructor Certification Preparation

Board of Trustees:

December 2023

Academic Term:

Fall 2024

Subject Code

SES - Sport and Exercise Studies

Course Number:

2320

Title:

Group Fitness Instructor Certification Preparation

Catalog Description:

Designed for the individual who is interested in becoming a group fitness/exercise instructor. Focus is on developing instructional techniques such as cueing, choreography, and how to safely modify classes to meet the needs of both healthy individuals and special populations for all formats of group exercise classes.

Credit Hour(s):

3

Lecture Hour(s):

2

Lab Hour(s):

2

Requisites

Prerequisite and Corequisite

SES-1040 Teaching Exercise Training Techniques, or departmental approval.

Outcomes

Course Outcome(s):

Apply knowledge of the foundations of group exercise instruction when teaching a class including basic anatomy, physiology, biomechanics, class format, motivation and safety.

Objective(s):

1. Describe the basic anatomical and physiological characteristics of the cardiovascular, respiratory, and musculoskeletal systems.
 2. Discuss the group exercise instructor's scope of practice in nutrition and weight management and determine when to refer a client to a registered dietitian or nutrition professional.
 3. Examine the function and role of the musculoskeletal system and its relation to exercise and sport movement.
 4. Define the basic terminology of bioenergetics (energy systems) related to exercise.
 5. Explain the various types of levers of the musculoskeletal system and the factors contributing to human strength and power.
 6. Describe the acute and chronic adaptations that occur from resistance and aerobic training.
 7. Analyze the purpose of pre-participation health screenings and physical assessments on a participant.
 8. Identify major and contributing risk factors that may be associated with coronary heart disease.
 9. Examine cardiorespiratory and resistance training principles including frequency, intensity, duration, mode, load, volume, sets, repetitions, specificity, and progression.
 10. Discuss the psychological benefits of exercise, the effectiveness of goal setting, the stages of change, and the values of motivation.
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Course Outcome(s):

Design and implement appropriate group fitness classes in accordance with the principles of group exercise.

Objective(s):

1. Discuss the role of the group exercise instructor in the implementation of group exercise.
2. Design safe and effective cardiorespiratory and strength training class formats.
3. Analyze progression of exercises in a group setting
4. Analyze music selection, tempo and beats per minute.

Course Outcome(s):

Apply the components of group exercise to safely and effectively design and implement programs for diverse populations.

Objective(s):

1. Discuss the group exercise instructor's scope of practice when working with clients from diverse populations.
2. Discuss exercise recommendations and precautions for pregnant women.
3. Design developmentally appropriate exercises and class formats for preadolescents and older adults that demonstrate an understanding of age-specific needs and concerns.
4. Design appropriate exercises and class formats for individuals who are obese, overweight, have hyperlipidemia, eating disorders, diabetes, cardiovascular and/or respiratory diseases.

Course Outcome(s):

Analyze the business/employment structures of group exercise and the safety and legal issues of group exercise instruction.

Objective(s):

1. Examine the various group exercise organizations and certifications.
2. Understand the employment options of group exercise instructors including employee and independent contractor.
3. Discuss the types of insurance coverage recommended and required of group exercise instructors, including liability, personal health, and property insurance.
4. Evaluate professional and legal responsibilities of the group exercise instructor.
5. Explain the term negligence and the four elements that an injured client must prove in a negligence lawsuit.
6. Develop and implement risk management strategies to minimize the possibility of litigation.
7. Perform correct cardiopulmonary resuscitation and first aid skills.

Methods of Evaluation:

1. Competency skills test
2. Participation
3. Written assignments
4. Lab assignments
5. Internet assignments
6. Quizzes
7. Exams
8. Practical skills test
9. Instructor observation

Course Content Outline:

1. Principles of group exercise instruction
 - a. Introduction to group exercise
 - b. Evolution of fitness
 - c. Instructing a group exercise class
2. Guidelines for group exercise class segments
 - a. Warm-up
 - b. Cardiorespiratory training
 - c. Muscular conditioning
 - d. Flexibility training
 - e. Cool-down
3. Practical teaching skills

- a. High/low impact
- b. Step training
- c. Kickboxing
- d. Stationary indoor cycling
- e. Water Exercise
- f. Yoga
- g. Pilates
- h. Other group exercise modalities
 - i. Equipment based cardio training
 - ii. Slide training
 - iii. Core training
 - iv. Rebounding
 - v. NIA
 - vi. Latin, funk, hip-hop, and country
 - vii. Dance based classes
 - viii. T'ai Chi
 - ix. Sport conditioning
 - x. Outdoor walking and in-line skating
 - xi. Ramping
 - xii. Boot camp
 - xiii. Combination classes and other options
- i. Health history, medical evaluation, Physical Fitness and Readiness Questionnaire (PAR-Q), and informed consent forms
- 4. Safety and Legal issues of group exercise instruction
 - a. Professional and legal responsibilities of group exercise instructor
 - i. Insurance coverage
 - 1. Liability
 - 2. Personal health
 - 3. Property
 - ii. Employee vs. independent contractor status
 - b. Elements of negligence that must be proven in a lawsuit
 - i. Duty
 - ii. Breach of duty
 - iii. Causes in fact
 - iv. Damages
 - v. Proximate cause
 - c. Risk management strategies

Resources

American Council on Exercise. *ACE Group Fitness Instructor Handbook*. Monterey, CA: Healthy Learning, 2019.

Aquatic Exercise Association. *AEA Seventh Edition Aquatic Fitness Professional Manual*. Human Kinetics, 2017.

Kennedy-Armbruster, C., and Yoke, M. *Methods of Group Exercise Instruction*. 4th ed. Champaign, IL: Human Kinetics, 2019.

American College of Sports Medicine. *ACSM's Guidelines for Exercise Testing and Prescription*. 11th ed. Philadelphia, PA: Lippincott Williams & Wilkins, 2021.
