

Course Approval Document
Southeast Missouri State University

Department: Health Human Performance and Recreation

Course No. PE 262

Title of Course: Introduction to Group Exercise

Revision

I. Catalog Description (Credit Hours of Course)

Overview of the educational concepts, performance techniques, program design, and leadership skills needed to lead safe and effective group exercise. 1.0 Credit Hours (0.5 Lecture; 0.5 Lab)

II. Co- or Prerequisite(s)

Co-or Prerequisite: AT130 Aerobics or DA requirement

III. Purposes of Objectives of the Course

The student will be able to demonstrate:

- A. Skills for teaching safe and effective group exercise (4.5; Q 5C2)
- B. A strong personal philosophy towards the promotion of the value of fitness (2.2)
- C. A comprehensive knowledge of effective communication, instructional, and motivational skills.(4.1; Q 6C1)
- D. A clear understanding of current professional legal principles, ethics, and responsibilities in the field of fitness (6.3; 8C3)
(NASPE Standards for Initial Teachers and Q= MoSPE Standards from Missouri Department of Elementary and Secondary Education)

IV. Student Learning Outcomes

The student will be able to:

- A. Demonstrate the ability to teach a rhythm based exercise class.
- B. Identify appropriate modifications for persons with orthopedic issues limiting the ability to complete exercise movements.
- C. Demonstrate the ability to implement appropriate music and the use of exercise equipment in an exercise class.

V. Expectations of Students

- A. Active daily attendance and class participation
- B. Proper attire for group exercise lessons

C. Successful completion of all assignments

VI. Course Content

A. Introduction	2
1. Philosophical and practical value of fitness, health, and exercise	
2. Description of class structure	
3. Correct training techniques	
4. Fitness test terminology and procedures	
B. Exercise programming	10
1. Components of a class	
2. Incorporation of safe and effective movements and environment	
3. Design of different types of group exercise classes	
4. Music selection	
5. Selection and modification for special populations	
6. Equipment	
7. Choreographic techniques	
C. Instructional techniques	9
1. Techniques for monitoring exercise intensity	
2. Teaching strategies to modify incorrect movements	
3. Modification of group and individual performances	
4. Correct cueing	
5. Use of music and sound equipment	
6. Teaching methodologies	
7. Injury prevention	
8. Emergency procedures	
D. Professional responsibility	1.5
1. Current legal principles and issues	
2. ACE Code of Ethics	
TOTAL	22.5

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Southeast Missouri State University
College of Health & Human Services
Department of Health, Human Performance and Recreation

Course Title and Number:

Course Title: PE 262: Introduction to Group Exercise
Meeting Times: TBD
Location: TBD

Credit Hours: 1.0 credit hours

Instructor Information:

Name:
Office:
Phone:
E-Mail:
Office Hours:

Required Textbook:

ACE Group Fitness Instructor Manual: A Guide for Fitness Professional - 3rd Edition

Course Description:

Designed to provide students with an overview of the educational concepts, performance techniques, program design, and leadership skills needed to lead safe and effective group exercise.

Pre/Co- Requisites:

AT 130 – Aerobics or DA requirement

Course Objectives:

The student will be able to demonstrate:

1. Skills for teaching safe and effective group exercise (4.5; Q 5C2)
2. A strong personal philosophy towards the promotion of the value of fitness (2.2)
3. A comprehensive knowledge of effective communication, instructional, and motivational skills.(4.1; Q 6C1)

4. A clear understanding of current professional legal principles, ethics, and responsibilities in the field of fitness (6.3; 8C3)

(NASPE Standards for Initial Teachers and Q= MoSPE Standards from Missouri Department of Elementary and Secondary Education)

Student Learning Outcomes:

The student will be able to:

- A. Demonstrate the ability to teach a rhythm based exercise class.
- B. Identify appropriate modifications for persons with orthopedic issues limiting the ability to complete exercise movements.
- C. Demonstrate the ability to implement appropriate music and the use of exercise equipment in an exercise class.

General Classroom Policies:

The following is a brief list of classroom courtesy guidelines that need to be followed at all times when in the classroom this semester. This list is not all inclusive and failure to be respectful of the learning environment while in the classroom may result in the student being asked to leave the class for the day and lose participation points for that day.

1. Please only talk in class during times when discussion on a topic is encouraged. Talking during inappropriate times is disrespectful to the instructor of the course and your fellow classmates and will take away from the learning environment.
2. Be actively engaged in the learning process. This means that you should not be working on other homework during class time, playing games on your phone, texting, tweeting, sleeping, facebooking, snapchatting or anything else that takes away from the potential for you or other students to learn.
3. **Please refrain from using a cellular phone or any other electronic device in this class for anything other than academic purposes. If you are expecting an important phone call please let me know before the class begins and you can sit by the door and excuse yourself when the phone rings without disturbing the rest of the class.**
4. I will frequently use email and Moodle to communicate with you as a class. However, I will only utilize your SEMO e-mail account. So please check that email on a regular basis to ensure you are up-to-date on announcements.

Evaluation of Learning:

Quizzes:

In this course there will be both written and oral quizzes. The oral quiz will require that you respond to a scenario in an appropriate manner. Written quizzes will address content from the lecture portions of the course. Performance on quizzes will comprise 20% of the final grade.

Performance of Physical Exercises and Routines:

Students will be required to demonstrate the ability to properly complete the skills presented in class. These demonstrations will be done in the form of a practical exam. There will be a practical exams conducted the final week of classes. This will be 20% of your final grade in the course.

Composition and Teaching of Aerobics Routines:

At the completion of the course a student should be able to put together routines in a manner that creates a single class session. The students in the course should be expected to be able to effectively teach a class session. Over the last two weeks of the semester students will design, select appropriate music, and lead group a exercise class session. This will be 30% of your final grade in this course.

Attendance and Participation:

Students are expected to attend all classes and complete all assignments for the courses in which they are enrolled. An absence from the class, excused or unexcused, does not relieve the student of the responsibility to complete all assignments/requirements for the course. If the absence is for a university sanctioned event the instructor will provide an opportunity for the student to complete the coursework, however, the student should make arrangements *before* the absence. It is at the instructor's discretion to allow any make-up work for an absence for any other reason. In order to achieve the objectives for this course you must be present and make an active effort at learning the material. You must actively participate by practicing the skills taught in class. Participation in class will make up a portion of your grade. If you are absent from class you will not be able to receive the participation points for that class period. Participation in class will account for 30% of your final grade.

Grading Scale

- | | |
|---|-----|
| 1. Active participation in and preparation for daily classes | 30% |
| 2. Performance of physical exercises and routines | 20% |
| 3. Performance on written and oral quizzes | 20% |
| 4. Satisfactory composition and teaching of aerobics routines | 30% |

A = 90-100%

B = 80-89%

C = 70-79%

D = 60-69%

F = 0-59%

The weight of evaluative criteria may vary at the discretion of the course instructor

Academic Honesty:

Academic honesty is one of the most important qualities influencing the character and vitality of an educational institution. Academic misconduct or dishonesty is inconsistent with membership in an academic community and cannot be accepted. Violations of academic honesty represent a serious breach of discipline and may be considered grounds for disciplinary action, including dismissal from the University. Academic dishonesty is defined to include those acts which would deceive, cheat, or defraud so as to promote or enhance one's scholastic record. Knowingly or actively assisting any person in the commission of an above-mentioned act is also academic dishonesty. Students are responsible for upholding the principles of academic honesty in accordance with the "University Statement of Student Rights" found in the STUDENT HANDBOOK. The University requires that all assignments submitted to faculty members by students be the work of the individual student submitting the work. An exception would be group projects assigned by the instructor. In this situation, the work must be that of the group. Academic dishonesty includes:

Plagiarism. In speaking or writing, plagiarism is the act of passing someone else's work off as one's own. In addition, plagiarism is defined as using the essential style and manner of expression of a source as if it were one's own. If there is any doubt, the student should consult 2 his/her instructor or any manual of term paper or report writing. Violations of academic honesty include:

1. Presenting the exact words of a source without quotation marks;
2. Using another student's computer source code or algorithm or copying a laboratory report; or
3. Presenting information, judgments, ideas, or facts summarized from a source without giving credit.

Cheating. *Cheating includes using or relying on the work of someone else in an inappropriate manner. It includes, but is not limited to, those activities where a student:*

1. *Obtains or attempts to obtain unauthorized knowledge of an examination's contents prior to the time of that examination.*
2. *Copies another student's work or intentionally allows others to copy assignments, examinations, source codes or designs;*
3. *Works in a group when she/he has been told to work individually;*
4. *Uses unauthorized reference material during an examination; or*
5. *Have someone else take an examination or takes the examination for another*

All students must abide by these policies. Any student caught plagiarizing, cheating, or engaging in any other form of academic dishonesty will receive a zero on the assignment in question. That student may also be subject to further disciplinary action. If you have any questions about what constitutes plagiarism, please ask me. Please keep in mind that cutting and pasting from websites or other internet resources constitutes plagiarism.

Civility

Official university policy on civility is as follows:

Every student at Southeast is obligated at all times to assume responsibility for his/her actions, to respect constituted authority, to be truthful, and to respect the rights of others, as to respect private and public property. In their academic activities, students are expected to maintain high standards of honesty and integrity and abide by the University's Policy on Academic Honesty. Alleged violations of the Code of Student Conduct are adjudicated in accordance with the established procedures of the judicial system. For more, see: <http://www6.semo.edu/stuconduct/>

Students and instructors share the responsibility to cultivate an environment of respect, both in class and in online course interactions. Violations of the student code of conduct will be reported to the Office of Student Conduct.

Disabilities

Southeast Missouri State University and Disability Support Services remain committed to making every reasonable educational accommodation for students with disabilities. Many services and accommodations which aid a student's educational experience are available for students with various types of disabilities. It is the student's responsibility to contact Disability Support Services to become registered as a student with a disability in order to have accommodations implemented. Accommodations are implemented on a case by case basis. For more information please contact Disability Support Services at 573-651-2273.

Grievance Statement

"All questions regarding this class should be addressed to the instructor. If the student has further queries or if their concerns are not addressed to their satisfaction they should contact Dr. Joe Pujol, 651-2197."

Course Content/Outline

Week 1

- Philosophical and practical value of fitness, health, and exercise
- Description of class structure
- Correct training techniques
- Fitness test terminology and procedures

Week 2

- Exercise programming
 - Components of a class
 - Incorporation of safe and effective movements and environment

Week 3

- Exercise programming
 - Design of different types of group exercise classes
 - Quiz 1

Week 4

- Exercise programming
 - Music selection

Week 5

- Exercise programming
 - Selection and modification for special populations
 - Equipment

Week 6

- Choreographic techniques
- Oral exam

Week 7

- Instructional techniques
 - Techniques for monitoring exercise intensity
 - Teaching strategies to modify incorrect movements
 - Modification of group and individual performances

Week 8

- Instructional techniques
 - Modification of group and individual performances
 - Correct cueing
 - Use of music and sound equipment

Week 9

- Instructional techniques
 - Teaching methodologies

Week 10

Instructional techniques

Teaching methodologies

Week 11

Skills Testing

Week 12

Instructional techniques

Injury prevention

Emergency procedures

Week 13

Professional responsibility

Current legal principles and issues

ACE Code of Ethics

Week 14

Exam 2

Oral Exam 2

Week 15-16

Student led group exercise sessions