EXSC 320-04  Special Topics in Exercise Science:

Analysis and Conduct of Group Exercise Leadership

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Class Times:  T-Th 8:00 am- 9:15 am
Class Location: Johnson Center 201
Office Hours:  T-Th 11:00am-12:00pm

Course Description:

This course is designed to provide students with an analysis of the educational concepts, performance techniques, program construction and leadership skills necessary to teach instructor-led group exercise programs and create personal training programs. The course will include basic study and application of safe and effective exercise methods for all fitness levels.

Objectives

Upon successful completion of the course the student should be able to:

A. Apply the principles of aerobic and anaerobic training to various instructor-led exercise settings with and without the accompaniment of music.
B. Understand various exercise warm-up techniques including active vs. slow stretch, rhythmic vs. ballistic, and the targeted muscle groups involved.
C. Understand how to create and implement low, moderate, and high intensity instructor-led programs for a variety of populations.
D. Demonstrate knowledge of the identification, modification, and correction of high-risk exercise movements.
E. Demonstrate knowledge of the development of an appropriate sequence of movement in an instructor-led exercise program to include methods of linear transitions, combination techniques, and sequence-building development.
F. Demonstrate how to modify instructor-led exercise programs for special health and physical concerns.
G. Demonstrate knowledge of the development, design and implementation of resistance training programs for healthy adults.
H. Demonstrate and apply a strong understanding of resistance training exercises.
I. Apply basic biomechanics principles to resistance training exercises.
Course Content

A. Review applied anatomy and kinesiology associated with exercise movement
B. Define terminology specific to group exercise training and instructor-led exercise and personal training programs
C. Design class warm-up, cardio warm-up, aerobic conditioning phase using low-impact, hi/low impact, step and other modalities, conditioning exercises, aerobic cool-down, and stretching methods
D. Safety recommendations and considerations for different abilities and age groups
E. Skill, combination, and routine development of various exercise programs
F. Application of muscular fitness and flexibility programs
G. Training and performance of selected fitness classes.

Instructional Methods

A. Lecture, discussion, demonstration and performance
B. Individual and group practice
C. Class and video/DVD observation and evaluation
D. Audio-visual materials, handouts, and Web-based instructional materials
E. Outside reading and outside movement skill practice
F. Written test and physical performance evaluation

Course Requirements

A. Class participation in all daily activities is a required aspect of this class. Students must come to class dressed appropriately in WORKOUT GEAR (exercise tops, T-shirts, shorts or sweats, and exercise shoes).
B. Outside reading assignments
C. Observation of two (2) different health/fitness instructors
D. Final practical
E. Teaching/personal training proficiency skills
F. Group Exercise Leadership Notebook
G. Resistance training instructional book

Course Rationale

The employment of exercise scientists who possess an undergraduate degree in Exercise Science mainly occurs in the fitness or clinical exercise physiology setting. These employment opportunities are based partially on the need to conduct exercise programs to “apparently healthy” or “at-risk” individuals. To do this task correctly and safely, the student may be required to have experience in leading instructor-led programs. It is the goal of the Department of Health and Human Performance and the School of Education to prepare our students for participation in a complex and challenging society.
Text

No textbook is required for this class.

Evaluation

A. Knowledge – 2 written exams. Exam dates to be announced. 100 pts.
B. Exercise Leadership Group Project - Circuit Presentation 50 pts.
C. Exercise Leadership Training Skills Testing 100 pts.
D. Teacher Observations (2 @ 50 pts. Each) 100 pts.
E. Exercise Leadership Notebook 100 pts.
F. Resistance Training Instruction Book 100 pts.

Attendance

Attendance is a course requirement. You are allowed 1 unexcused absence. Additional absences will result in a deduction of 15 points per absence off your total point grade. Two late arrivals of more than ten minutes equal one absence.

Make-up policy: Make-up work will be given at the discretion of the professor and is decided upon individually. Only extenuating circumstances warrant a make-up. It is the student’s responsibility to see the instructor if he/she has missed any work. Contact with the professor must be timely---as soon as the student returns to school after an absence or during an absence, if possible.

Late Assignments will be penalized 25% of the total point value per day including weekends. Failure to contact the instructor about late work will result in a zero for that assignment. Students have 24 hours after the due date to email the instructor or no points will be assigned.

Written Assignments

All hard copy written assignments MUST be typewritten or they will not be accepted.

Grading Scale

93-100%  511-550  A
88-92%  484-510  A-
85-87%  467-483  B+
80-84%  440-466  B
78-79%  429-439  B-
75-77%  412-428  C+
Honor System: Students must do their own work. Please visit the 2014-2015 Student Handbook (Academic Honor System) for a description of the College’s Honor System which is fully supported in this class.

College of Charleston Honor Code and Academic Integrity

Lying, cheating, attempted cheating, and plagiarism are violations of our Honor Code that, when identified, are investigated. Each incident will be examined to determine the degree of deception involved.

Incidents where the instructor determines the student’s actions are related more to a misunderstanding will be handled by the instructor. A written intervention designed to help prevent the student from repeating the error will be given to the student. The intervention, submitted by form and signed by both the instructor and the student, will be forwarded to the Dean of Students and placed in the student’s file.

Cases of suspected academic dishonesty will be reported directly by the instructor and/or others having knowledge of the incident to the Dean of Students. A student found responsible by the Honor Board for academic dishonesty will receive an XF in the course, indicating failure of the course due to academic dishonesty. This grade will appear on the student’s transcript for two years after which the student may petition for the X to be expunged. The student may also be placed on disciplinary probation, suspended (temporary removal) or expelled (permanent removal) from the College by the Honor Board.

Students should be aware that unauthorized collaboration—working together without permission—is a form of cheating. Unless the instructor specifies that students can work together on an assignment, quiz and/or test, no collaboration during the completion of the assignment is permitted. Other forms of cheating include possessing or using and unauthorized study aid (which could include accessing information stored on a cell phone), copying from others’ exams, fabricating data and giving unauthorized assistance.

Research conducted and/or papers written for other classes cannot be used in whole or in part for any assignment in this class without obtaining prior permission from the instructor.
Student can find the complete Honor Code and all processes in the Student Handbook at http://www.cofc.edu/generaldocuments/handbook.pdf

**Center for Student Learning:** I encourage you to utilize the Center for Student Learning’s (CSL) academic support services for assistance in study strategies and course content. They offer tutoring, supplemental instruction, study skills appointments and workshops. Students of all abilities have become more successful using these programs throughout their academic career and the services are available to you at no additional cost. For more information regarding these services, please visit the CSL website at http://csl.cofc.edu or call (843) 953-5635.

**Center for Disability Services:** The College will make reasonable accommodations for persons with documented disabilities. Students should apply at the Center for Disability Services/SNAP, located on the first floor of the Lightsey Center, Suite 104. Students approved for accommodations are responsible for notifying me as soon as possible and for contacting me one week before accommodation is needed.

**Electronic Devices:** Electronic devices will be used ONLY when specified by me. During class, all laptops, cell phones, iPads must be put away unless specified by me. Inappropriate use of technology (e.g. texting in class, checking Facebook, Twitter, Snapchat, Instagram, etc.) will result in one absence per occurrence.

**General Course Outline**

Unit I

A. Basic Anatomy and Kinesiology  
B. Components of Group Exercise Class/ Class Structure  
C. Music- Breakdown and Cueing  
D. Creative Movement Choreography  
E. Current Issues in Diet and Nutrition  
F. Special Populations and Injury Prevention

Unit II

A. Step Training  
B. Muscular Specific Exercises  
C. Interval Training/ HIIT & Tabata  
D. Circuit Training  
E. Flexibility and Mind/Body Programs i.e. Pilates, Yoga, T'ai Chi  
F. Certification Process  
G. Legal Issues for Fitness Professionals  
H. Leadership and Professionalism