COLLEGE OF CHARLESTON

EXSC 320-03  Special Topics in Exercise Science:

Analysis and Conduct of Group Exercise Leadership

Spring 2017

Instructor: Jody Ruff, MS
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Class Times: T-Th 8:00 am- 9:15 am
Class Location: Johnson Center- Room 201
Office Hours: By appointment
Prerequisites: Must be a Junior in standing
Textbook: No textbook is required for this class. Articles and reading assignments will be posted in OAKS

Course Description:
A course designed to cover and supplement a variety of topics not otherwise offered in the list of directed electives in exercise science. Topics of interest to students and faculty will be offered on a rotating random basis according to interest.

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.

Student Learning Outcomes
This course will provide a variety of demonstrations, discussions, video presentations, readings and other experiences designed to help the student meet SLO’s. By the end of the course, students will be able to:

A. Understand and demonstrate various exercise warm-up techniques including active vs. slow stretch, rhythmic vs. ballistic, and the targeted muscle groups involved.
B. Create and demonstrate basic aerobic dance patterns using 8 moves with transitions and modifications for varied populations and performed to music.
C. Understand, apply and demonstrate proper verbal and non-verbal cueing techniques during an aerobics class with music.
D. Design and implement a circuit training workout in a class setting utilizing medicine balls, dumbbells, tubing, bands, power bars and physio-balls.
E. Learn and demonstrate a Zumba routine in a small group.
F. Construct and demonstrate a step aerobics pattern in a small group using 8 step movements choreographed to music.
G. Demonstrate knowledge of major muscles, kinesiology, and biomechanics associated with exercise movement by scoring 80% or more on Test 1.
H. Demonstrate knowledge of various teaching techniques, modifications and safety recommendations and considerations for different abilities and age groups by scoring 80% or more on Test 2.

**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

**Evaluation**

A. Knowledge – 2 written exams. Exam dates to be announced. 100 pts.
B. Exercise Leadership Group Project 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.
**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**

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<thead>
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<th>Percentage</th>
<th>Score Range</th>
<th>Grade</th>
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<tbody>
<tr>
<td>90-100%</td>
<td>405-450</td>
<td>A</td>
</tr>
<tr>
<td>88-92%</td>
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<td>85-87%</td>
<td>382-395</td>
<td>B+</td>
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<tr>
<td>80-84%</td>
<td>360-381</td>
<td>B</td>
</tr>
<tr>
<td>78-79%</td>
<td>351-359</td>
<td>B-</td>
</tr>
<tr>
<td>75-77%</td>
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<td>C-</td>
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<td>66-67%</td>
<td>297-305</td>
<td>D+</td>
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<tr>
<td>64-65%</td>
<td>288-296</td>
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<tr>
<td>62-63%</td>
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<td>D-</td>
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<tr>
<td>&lt;62%</td>
<td>&lt;278</td>
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</tbody>
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**Honor System:** Students must do their own work. Please visit the 2015-2016 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 and 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](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](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. Muscular Specific Exercises (w/wo equipment)  
D. Interval Training/HIIT & Tabata  
E. Circuit Training  
F. Special Populations and Injury Prevention  
G. Current Issues in Diet and Nutrition

Unit II

A. Music- Breakdown and Cueing  
B. Creative Movement Choreography  
C. Step Training  
D. Flexibility and Mind/Body Programs i.e. Pilates, Yoga, T’ai Chi  
E. Certification Process  
F. Legal Issues for Fitness Professionals  
G. Leadership and Professionalism

**EXERCISE LEADERSHIP NOTEBOOK**

**Due Date – April 11th**

Each student will **collect and print 3 articles** for each of the **topics 1 through 8**. Articles may come from professional websites, journals, and magazines on the following topics:

1. Benefits of aerobic exercise  
2. Benefits of resistance exercise  
3. Flexibility  
4. Exercise and mental health
5. Weight loss/weight management
6. Exercise and coronary heart disease
7. Cholesterol
8. Nutrition/Supplements
9. Exercises (upper body, lower body, core training, target muscle groups, low back strengthening, and flexibility). **Print Pictures and Explanation of each exercise!**
10. Choreography Notes and Class notes and Handouts-(INCLUDE ALL)

Include a one (1) page, TYPEWRITTEN (double-spaced) abstract summarizing each section 1-8. Include your teacher observations in your notebook.

You may include any pictures or graphics to improve the aesthetic quality of your notebook. This will be graded on the completeness of this project in a professional manner in which it is presented.

Total points - 100 pts.