

KINE 007: TECHNIQUES OF EXERCISE LEADERSHIP

Date Submitted: Fri, 01 Mar 2019 00:38:24 GMT

Originator

wansley

Justification / Rationale

Code alignment project recommendation

Effective Term

Fall 2019

Credit Status

Credit - Degree Applicable

Subject

KINE - Kinesiology

Course Number

007

Full Course Title

Techniques of Exercise Leadership

Short Title

EXERCISE LEADERSHIP

Modality

Face-to-Face

Catalog Description

This course is designed to study the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship. Emphasis is placed on client assessment, communication skills, program design, exercise adherence, teaching strategies, and professional responsibility and liability.

Schedule Description

This course is designed to study the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship.

Lecture Units

3

Lecture Semester Hours

54

Lab Units

0

In-class Hours

54

Out-of-class Hours

108

Total Course Units

3

Total Semester Hours

162

Required Text and Other Instructional Materials

Resource Type

Book

Author

Clark, M., A. Lucett, S., C. Corn, R., J.

Title

Essentials of Personal Training

Edition

3

Publisher

Lippincott, Williams, Wilkins

Year

2008

College Level

Yes

Class Size Maximum

40

Course Content

1. Topics may include, but not be limited to:
 - a. Introduction to exercise leadership
 - i. Traits of an ideal instructor
 - b. Effective Communication
 - i. Communication techniques, attending behaviors
 - ii. Techniques to build and enhance support
 - iii. Individual differences affecting behavior
 - iv. Environmental factors
 - v. Body language, non verbal behavior
 - vi. Influence of learning style
 - vii. Stages of communication
 - c. Adherence and Motivation
 - i. Client preference
 - ii. Client expectations
 - iii. Client desire to succeed
 - iv. Lifestyle information
 - v. Strategies that encourage adherence
 - d. Group Exercise Classes-combination, content, sequence.
 - i. Aerobics
 - ii. Circuit training
 - iii. Aerobic interval training
 - iv. Resistance training
 - v. Stretch
 - vi. Low impact, high impact
 - vii. Water fitness
 - viii. Step/bench
 - ix. Spinning
 - x. Components of a class
 - xi. Sequence of movements
 - xii. Advantages and disadvantages
 - e. Group Exercise Concerns

- i. Basics of choreography: variation, repetition, transition
 - 1. Methods: structured, freestyle
 - 2. Adding elements
 - 3. Repetition reduction
 - 4. Verbal and nonverbal cues
 - 5. Basic locomotor steps
 - 6. Music selection
 - ii. Selection of movement for phases of exercises
 - iii. Biomechanical balance
 - iv. Cardiovascular considerations
 - v. Musculoskeletal considerations
 - vi. Combining resistance and aerobic exercises
 - 1. Group exercise strength building activities
- 2. Factors Affecting Exercise Technique
 - a. Posture
 - b. Muscular balance
 - c. Execution of movement
 - d. Body mechanics
 - e. Range of motion
 - f. Stable position
- 3. Factor Leading to Injury
 - a. Contraindicated techniques
 - b. Over use injury
 - c. Shoes
 - d. Modifications, alternatives, or substitutes
 - e. Environmental factors
 - i. Air temperature, humidity, altitude and adaptations.
 - ii. Exercise surface, exercise area, sound and modifications.
- 4. Teaching Strategies
 - a. Feedback and knowledge of results
 - b. Corrective, value, neutral statements
- 5. Designing Instruction
 - a. Goal setting
 - b. Lesson planning
 - i. Class or individual objectives
 - ii. Class activities and time allocation
 - iii. Pattern for class organization
- 6. Teaching Styles
 - a. Command
 - b. Practice
 - c. Reciprocal
 - d. Self check
 - e. Inclusion
- 7. Critique of Teaching Ability
- 8. Legal Terms and Issues
 - a. Liability and negligence
 - b. Areas of Responsibility and guidelines
 - c. Risk Management

Course Objectives

Objectives	
Objective 1	Identify and define the traits of an ideal instructor.
Objective 2	List and describe specific communication techniques that establish rapport and obtain accurate and comprehensive information.
Objective 3	Apply the information obtained from an interview on a client's background, expectations and motivation to the design of an exercise plan that promotes exercise adherence.

Objective 4	List content, combination, and sequence of various types of group exercise.
Objective 5	Apply knowledge of choreography and movement to the design of a safe and beneficial exercise plan.
Objective 6	Identify and define the factors that affect proper exercise techniques and prevent injuries.
Objective 7	Design an individual or group class in which a variety of learning methodologies and strategies are utilized.
Objective 8	List and define legal terms and issues that relate to the exercise and fitness business.

Student Learning Outcomes

Upon satisfactory completion of this course, students will be able to:

Outcome 1	Demonstrate competence in fitness research, measurement and assessment.
Outcome 2	Demonstrate an understanding of nutrition, exercise physiology, anatomy, and exercise prescription.
Outcome 3	Develop a personal strength and aerobic conditioning program as related to current fitness trends.
Outcome 4	Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.

Methods of Instruction

Method	Please provide a description or examples of how each instructional method will be used in this course.
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Discussion

Demonstration, Repetition/Practice

Collaborative/Team

Participation

Observation

Lecture

Methods of Evaluation

Method	Please provide a description or examples of how each evaluation method will be used in this course.	Type of Assignment
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Written homework

Oral and practical examination

Student participation/contribution

Tests/Quizzes/Examinations

Group activity participation/observation

Presentations/student demonstration observations

Field/physical activity observations

Reading reports

Term or research papers

Critiques

Assignments

Other In-class Assignments

1. Prepare short demonstrations
2. View and critique student presentations

Other Out-of-class Assignments

1. Personal Fitness Program Design
2. Flexibility Program Design
3. Strength Training Program Design
4. Research Paper
5. Student will create and teach to other students an original movement composition (yoga, pilates, core conditioning, aerobics, kickboxing).

Grade Methods

Letter Grade Only

Comparable Transfer Course Information**University System**

UC

Campus

Humboldt State University

Course Number

KINS 455

Course Title

Exercise Prescription/Leadership

Catalog Year

2010-2011

Rationale

Possible Requirement for Kinesiology TMC.

University System

UC

Campus

San Diego State University

Course Number

KNS432

Course Title

Exercise, Fitness, and Health

Catalog Year

2010-2011

Rationale

Possible requirement for Kinesiology TMC

University System

CSU

Campus

CSU San Bernardino

Course Number

KINE 483

Course Title

Exercise Prescription

Catalog Year

2010-2011

Rationale

Possible requirement for Kinesiology TMC

MIS Course Data

CIP Code

31.0507 - Physical Fitness Technician.

TOP Code

083520 - Fitness Trainer

SAM Code

C - Clearly Occupational

Basic Skills Status

Not Basic Skills

Prior College Level

Not applicable

Cooperative Work Experience

Not a Coop Course

Course Classification Status

Credit Course

Approved Special Class

Not special class

Noncredit Category

Not Applicable, Credit Course

Funding Agency Category

Not Applicable

Program Status

Program Applicable

Transfer Status

Transferable to CSU only

Allow Audit

No

Repeatability

No

Materials Fee

No

Additional Fees?

No

Approvals

Curriculum Committee Approval Date

03/21/2019

Academic Senate Approval Date

03/28/2019

Board of Trustees Approval Date

05/17/2019

Chancellor's Office Approval Date

6/1/2019

Course Control Number

CCC000605862

Programs referencing this courseFitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=148>)Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined?key=80>)