

LSC Use Only No:	LSC Action-Date:	UWUCC USE Only No.	UWUCC Action-Date:	Senate Action Date:
		08-90j	App-4/14/09	App-4/28/09

Curriculum Proposal Cover Sheet - University-Wide Undergraduate Curriculum Committee

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Check all appropriate lines and complete information as requested. Use a separate cover sheet for each course proposal and for each program proposal.

1. Course Proposals (check all that apply)

New Course Course Prefix Change Course Deletion

Course Revision Course Number and/or Title Change Catalog Description Change

<i>Current Course prefix, number and full title</i>	<i>HPED 285 Group/Individual Exercise Leadership</i>
	<i>Proposed course prefix, number and full title, if changing</i>

2. Additional Course Designations: check if appropriate

This course is also proposed as a Liberal Studies Course. Other: (e.g., Women's Studies, Pan-African)

This course is also proposed as an Honors College Course.

3. Program Proposals

New Degree Program Program Title Change Other

New Minor Program New Track Program Revision

<i>Current program name</i>	<i>Proposed program name, if changing</i>
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4. Approvals		Date
Department Curriculum Committee Chair(s)		
Department Chair(s)	<i>Signatures on 08-90a</i>	
College Curriculum Committee Chair		
College Dean		
Director of Liberal Studies *		
Director of Honors College *		
Provost *		
Additional signatures as appropriate: (include title)		
UWUCC Co-Chairs	<i>Gail Sedquist</i>	<i>4-14-09</i>

* where applicable

Received
APR 02 2009
Liberal Studies

SYLLABUS OF RECORD

HPED 285 Group/Individual Exercise Leadership

**1 class hour
2 lab hours
3 credits**

Prerequisite: PESP/Exercise Science Majors

(1c-21-3cr)

I. Course Description

Provides theoretical knowledge of leadership skills necessary to design, implement, and evaluate safe and effective exercise programs in group and individual settings. Emphasis will be placed on group exercise leadership and fitness instruction. Students will also be introduced to the management and administration of such programs. Observations within the field will be required, as well as opportunities to apply introductory concepts of exercise training through practical application.

II. Course Outcomes

Students will be able to:

1. Demonstrate knowledge of verbal and non-verbal communication skills necessary to lead group exercise sessions.
2. Demonstrate an understanding of the principles of behavioral changes as they relate to personal health and fitness.
3. Apply motivational techniques to individuals and group exercise sessions.
4. Develop a variety of group exercise activities.
5. Demonstrate various types of stretches used in group programs including slow rhythmic, and ballistic stretching programs.
6. Apply the principles of training to various group-led exercise settings with and without music accompaniment.
7. Develop and demonstrate exercise training programs of varying intensities for apparently healthy and chronically stable children and adults.
8. Modify and correct inappropriate and high-risk exercises.

III. Detailed Course Outline

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|--|-----------|
| A. Opportunities in the Field | (4 hours) |
| 1. Industry Statistics | |
| 2. Career Opportunities | |
| B. Interpersonal Skills | (4 hours) |
| 1. Adherence & Motivation in Group Setting | |
| 2. Creating and Positive Atmosphere | |
| C. Educational Approach to Instruction | (6 hours) |
| 1. Lesson Plans | |
| 2. Organization and Administration of Classes | |
| 3. Application of Learning and Teaching Styles | |

- D. Class Safety (2 hours)
 - 1. Class Design
 - 2. Injury Prevention
 - 3. Emergency Procedures

- E. Screening and Evaluation (2 hours)
 - 1. Subjective and Objective
 - 2. Personal Goals

- F. Exam (2 hours)

- G. Addressing Fitness Components in a Group Setting (6 hours)
 - 1. Cardiovascular Training Concepts (HR, MET, RPE/Omin, BP)
 - 2. Muscular Fitness
 - 3. Flexibility

- H. Specialized Classes (8 hours)
 - 1. Yoga
 - 2. Pilates
 - 3. Spinning
 - 4. Creativity (kick-boxing, hip-hop, boot camp)

- I. Special Populations (4 hours)
 - 1. Mature Adults, Pregnancy, Orthopedic Limitations
 - 2. Obesity, Children, Metabolic Concerns
 - 3. Cardiorespiratory Concerns

- J. The Health and Fitness “Business” (4 hours)
 - 1. Professionalism
 - 2. Interviewing Skills
 - 3. Legal and Professional Responsibilities

Final Examination- during Final Exam Week

IV. Evaluation Methods

Evaluation of the student will consist of:

40% Teaching Group Exercise (2) Students will be assigned to teach two group exercise classes during scheduled Health and Wellness classes. Lesson plans will be developed and approved prior to each session. Students will be evaluated by the participants and instructor.

10% Students will be assigned a variety of reading assignments from professional sources. Reading assignments will be both in and out of class. A variety of points will be awarded for discussions.

20% Students will be required to observe three group exercise classes of varying types and instructors. Each observation will require a 1-2 page reaction paper and class presentation describing the experience.

30% There will be a midterm and final examination consisting of multiple choice questions, short essay and case studies.

V. Example Grading Scale

A \geq 90% B: 80% to 89% C: 70% to 79% D: 60 % to 69% F: < 60%

VI. Undergraduate Course Attendance Policy

The University expects all students to attend class. Attendance will be taken every class. University policy recognizes the need to miss class because of illness or personal emergencies. Only students with an excused absence will be allowed to make up any missed work. Unexcused absences on exam days will result in a zero score for the exam or quiz. Students with excused absences will be given a separate exam.

VII. Required Text

ACSM's *Resources for the Personal Trainer*. American College of Sports Medicine, 2nd edition, Lippincott Williams and Wilkins, 2007.

Recommended Text

ACSM's *Guidelines for Exercise Testing and Prescription*, American College of Sports Medicine, 7th edition, Lippincott Williams & Wilkins, 2006.

ACSM's *Resource Manual for Guidelines for Exercise Testing and Prescription*, 5th edition, Lippincott Williams & Wilkins, 2006.

VIII. Special Resource Requirements

1. Students are expected wear professional attire when teaching classes. Suggested clothing consists of khaki pants or athletic pants and an IUP polo shirt or collared shirt.
2. Students are expected to go off campus to complete their professional observations of certified group instructors.

IX. Bibliography

ACSM's *Health/Fitness Standards and Guidelines*. American College of Sports Medicine, 2nd edition, Lippincott Williams & Wilkins, 2008.

ACSM's *Guidelines for Exercise Testing and Prescription*. American College of Sports Medicine, 7th edition, Lippincott Williams & Wilkins, 2006.

ACSM's *Resource Manual for Guidelines for Exercise Testing and Prescription*. 5th edition, Lippincott Williams & Wilkins, 2006.

Baechle, T.R., Earle, R.W. *Essentials of Strength and Conditioning*. 2nd edition. Human Kinetics. 2000.

Kennedy, C.A., Yoke, M.M. *Methods of Group Exercise Instruction*. Human Kinetics. 2005.

NASM *Essentials of Personal Fitness Training*. National Academy of Sports Medicine. 3rd Edition. Lippincott Williams & Wilkins, 2008.

Plummer, T.R. *The Business of Fitness*. Healthy Learning. 2003.

Historical

Grantham, W.C., Patton, R.W., York, T.D., Winick, M.L. *Health and Fitness Management*. Human Kinetics. 1998.

Course Analysis Questionnaire

A. Details of the Course

- A1. This course is designed for exercise science majors in their sophomore year. This course is not intended to be a Liberal Studies course.
- A2. This course does not require changes in any other course in the department.
- A3. This course has been offered as 481 Aerobic Leadership in Fall 2007, Spring 2008, and Fall, 2008. Twenty-nine students were enrolled in Fall 2007, 31 were enrolled in Spring 2008 and 34 were enrolled in Fall, 2008.
- A4. This course is not intended to be dual level.
- A5. This course is not to be taken for variable credit.
- A6. Similar course are offered at the following institutions, among others:
Slippery Rock University: ERS 376-Exercise Leadership: Group Fitness
East Stroudsburg University: EXSC 121- Aerobic Fitness Activities
University of Pittsburgh: HPA 1141- Fitness for Instructors.
- A7. The content of this course is part of the skills, content knowledge, and assessments required as part of program accreditation.

B. Interdisciplinary Implications

- B1. This course will be taught by one instructor.
- B2. The content of this course does not overlap with any other at the University. The course content is specific to the opportunities for exercise science majors within the professional field.
- B3. This course is not cross-listed.

C. Implementation

- C1. Faculty resources are currently adequate.
- C2. Other resources:
 - a. Current space allocations include a classroom and the James Mill Fitness Center in Zink Hall. Current space allocations are adequate to offer this course.
 - b. The exercise equipment and supplies within the James Mill Fitness Center are needed for this course.
 - c. Laboratory supplies from the Center for Health Promotion located in Zink Hall will be used for this course.

- d. Library holdings are adequate.
- e. The Department will need to budget funds sufficient to defray the expenses associated with a site visit field trip to Pittsburgh.
- C3. The current resources for this course are not funded by a grant.
- C4. This course will be offered the Fall and Spring semesters.
- C5. One section will be offered at a time.
- C6. The course should be limited to 24 students per semester due to the practical nature of the course.
- C7. No professional society recommends enrollment limits or parameters for this course.
- C8. This course does not involve the use of distance education.

D. Miscellaneous

No additional information is necessary.

Part III. Letters of Acknowledgement

(None)