

DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE - FALL 2018

PF1900 (A2) – Group Exercise Fundamentals – 3 (2-0-1) 60 Hours

INSTRUCTOR: Lorelle Warr PHONE: 780-539-2978
OFFICE: K216 E-MAIL: lwarr@gprc.ab.ca

OFFICE HOURS: Drop in or by appointment.

CALENDAR DESCRIPTION: This course focuses on the application of basic anatomy, physiology, and movement mechanics to health and fitness related exercise. Practicing basic fitness principles and the concepts as they apply to physical fitness. Understanding the concepts of leading group fitness classes with respect to music, movement, cueing, and current trends. Students completing this course will be prepared to challenge AFLCA Group Fundamentals National examination.

PREREQUISITE(S)/COREQUISITE: PE 2200 or consent from the PEAK Department

REQUIRED TEXT/RESOURCE MATERIALS: None

DELIVERY MODE(S): The course work includes lectures, class discussions, group work, assignments, presentations, and in-class exercises.

COURSE OBJECTIVES:

- 1. To identify exercise-based leadership qualities and legal responsibilities of fitness leaders.
- 2. To apply principles of training and workout design.
- 3. To construct all components of a group exercise session.
- 4. To experiment with the connection between music and physical fitness.
- 5. To practice basic choreographed moves, cuing, and building basic choreographed combinations.
- 6. To prepare students to challenge AFLCA Group Fundamentals Theory National exams.

LEARNING OUTCOMES:

- 1. Students will be able to identify and demonstrate effective leadership styles, communication, and qualities in relation to physical fitness and group fitness settings.
- 2. Students will be able to identify and apply major muscles, joints, and actions as related to physical fitness.
- 3. Students will be able to explain principles of exercise conditioning as they apply to group fitness
- 4. Students will be able to outline risk management and identify ways to minimize risk in group fitness settings.

- 5. Students will be able to recognize signs and symptoms of overtraining and when exercise needs to be either stopped or modified in group fitness settings.
- 6. Students will be able outline basic physiological concepts and how physical activity impacts these physiological components.
- 7. Students will discuss various aspects of music in relation to group fitness settings.
- 8. Students will determine the proper use of equipment within group fitness settings.

TRANSFERABILITY:

This course is currently not approved for transfer credit.

Please consult the Alberta Transfer Guide for more information
(http://alis.alberta.ca/ps/tsp/ta/tbi/onlinesearch.html?SearchMode=S&step=2)

** Grade of D or D+ may not be acceptable for transfer to other post-secondary institutions. **Students** are cautioned that it is their responsibility to contact the receiving institutions to ensure transferability

EVALUATIONS:

One Song Workout 10% Create a balanced workout to a song in either the cycle or the choreography designation. See assignment sheet for details.	October 30, 2018
Class Component Design 15%	October 16, 2018
For each designation you will be assigned a class component to design, that	November 1, 2018
is 5 minutes in duration. See assignment sheet for details.	November 22, 2018
Class Design <u>15%</u> 30-minute class design for the designation of your choice. See assignment sheet for details.	Day of your Practical Assessment
Group Fitness Practical Assessment 20% Practical assessment of one of the designation of your choice. Evaluation will be based on AFLCA standards.	See Schedule
Participation 10% Participation will be evaluated based on attendance, attire, and participation in class activities. This course focuses on instruction of group exercise therefore; participation in all components including instruction of drills is integral to learning.	Continuous
Midterm <u>15%</u> The midterm written exam will cover material presented throughout the first half of the course.	October 16, 2018
Final 15% The final written exam will cover all material presented throughout the course.	TBD

^{*} Late assignments will be deducted 10% per day.

Attendance is mandatory. Those students who have 3 unexcused absences will not be permitted to write the final exam.

^{**}All grading criteria and examinations must be completed to receive course credit.

GRADING CRITERIA: (The following criteria may be changed to suite the particular course/instructor)

<u>Please note that a grade of C- is required to pass PF1900</u>, and most universities will not accept your course for transfer credit **IF** your grade is **less than C-**. This means **DO NOT GET LESS THAN** "C-" **IF YOU ARE PLANNING TO TRANSFER TO A UNIVERSITY.**

Alpha	4-point	Percentage	Alpha	4-point	Percentage
Grade	Equivalent	Guidelines	Grade	Equivalent	Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	С	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79			
В	3.0	73-76	F	0.0	00-59
B-	2.7	70-72			

COURSE SCHEDULE/TENTATIVE TIMELINE:

Tuesdays and Thursdays 8:30am – 9:50am Thursdays 10:00am – 10:50am

Rooms: J227 (Tuesdays) J202/M121 (Thursdays)

Date	Topic	Due Date
Week 1:	Introduction: AFLCA	
Sept 6	History of Group Exercise/Exercise Class	
Week 2:	Leadership/Components of Group Exercise Class	
Sept 11 & 13	Music, Phrasing & Cueing/Movement Combos	
Week 3:	Movement Combos	
Sept 18 & 20	Program Planning/Muscle Conditioning &	
	Flexibility	
Week 4:	Practice Movement Combos/Teaching	
Sept 25 & 27	Teach Movement Combos/Cycle class	
Week 5:	Bike Set Up/Pedaling and Posture	
Oct 2 & 4	Cadence Standards/Drill Design/Practice	
Week 6:	Presentation/Clothing/Footwear/Monitoring	
Oct 6 & 11	Intensity	
	Cycle class/Component Design/Presentation	
Week 7:	Presentations/Midterm	Cycle Class Component
Oct 16 & 18	Choreography	(Oct 16)
Week 8:	Choreography	
Oct 23 & 25	Choreography	
Week 9:	Choreography	One Song Workout (Oct 30)

Oct 30 & Nov 1	Choreography/Portable Equipment	Choreography Class
		Component (Nov 1)
Week 10:	Portable Equipment	
Nov 6 & 8	No formal class – PEAK Student for a Day	
Week 11:	No class - Fall Break	
Nov 13 & 15	Portable Equipment	
Week 12:	Portable Equipment	Portable Equipment Class
Nov 20 & 22	Portable Equipment	Component (Nov 22)
Week 13:	Practical Assessments	Class Designs
Nov 27 & 29	Practical Assessments	(see schedule)
Week 14:	Practical Assessments	Class Designs
Dec 4 & 6	Practical Assessments	(see schedule)

STUDENT RESPONSIBILITIES:

Refer to the College Policy on Student Rights and Responsibilities at www.gprc.ab.ca/d/STUDENTRIGHTSRESPONSIBILITIES

- All assignments must be submitted in typed format adhering to ALL APA format requirements.
- Assignments are due on the dates established by the instructor. Extensions may be offered
 in lieu of SIGNIFICANT student issues and concerns as determined by the instructor.
 ALL extensions requests MUST be submitted to the instructor prior to the due dates.
 Percentage penalties will be applied up to 100 % of the assignment grade if assignments
 are submitted late.
- Regular attendance is integral to success in this course. Classroom activities support
 student comprehension of materials, content clarification, relevant peer questions and
 support, and finally, role clarification. It is the student's responsibility to acquire the
 material missed and to complete assigned readings, in-class work, and assigned
 homework.
- Students who choose to make attendance intermittent may be excused from the final evaluation processes following three (3) unexcused absences. Students should make it a priority to communicate times and reasons they may not be able to attend BEFORE the absence.

STATEMENT ON PLAGIARISM AND CHEATING:

Cheating and plagiarism will not be tolerated and there will be penalties. For a more precise definition of plagiarism and its consequences, refer to the Student Conduct section of the College Admission Guide at http://www.gprc.ab.ca/programs/calendar/ or the College Policy on Student Misconduct: Plagiarism and Cheating at www.gprc.ab.ca/about/administration/policies/**

**Note: all Academic and Administrative policies are available on the same page.

STATEMENT ON CELL PHONE AND OTHER PERSONAL ELECTRONIC DEVICES:

Users of cell phones and other personal electronic devices must be attentive to the needs, sensibilities and rights of other members of the College community. The use of these devices must not disrupt the functions of the College overall and its classrooms and labs. Instructors have the right to have strict individual policies related to cell phones in order to provide and maintain a classroom environment that is conducive to learning and the respect of others.