

DEPARTMENT OF PHYSICAL EDUCATION AND KINESIOLOGY

COURSE OUTLINE – WINTER 2020

PF1900 (A3) – Group Exercise Fundamentals – 3 (3-0-1) 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 exam.

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:

Class Component Design <u>15%</u>	February 14, 2020	
For each designation you will be assigned a class component to design, that	March 13, 2020	
is 5 minutes in duration. See assignment sheet for details.	April 1, 2020	
Instructor Philosophy <u>5%</u>		
Outline your instructor philosophy and how you would utilize the different	January 29, 2019	
leadership styles. See assignment sheet for details.		
Class Design 20%	Day of your Practical	
30-minute class design for the designation of your choice. See assignment	Assessment	
sheet for details.	7 issessment	
Written Exam 20%		
The written exam will cover theoretical material presented throughout the	March 4, 2020	
course prior to the exam. The written exam will be 60 minutes.		
Participation 10%		
Participation will be evaluated based on attendance, attire, and participation		
in class activities. This course focuses on instruction of group exercise	Continuous	
therefore; participation in all components including instruction of drills is		
integral to learning.		
Group Fitness Practical Assessment 30%		
Practical assessment of one of the designation of your choice. Evaluation	TBD	
will be based on AFLCA standards. Practical Assessments will be	100	
scheduled during examination period.		

^{*} 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:

Wednesdays 1:00pm-3:20pm Fridays 1:00pm-2:20pm

Rooms: H211 and M121 (primary space)

Date	Topic	Due Date
Week 1:	Introduction/History of Group Exercise/Exercise Class	
Jan 8 & 10	Leadership/Components of Group Exercise Class	
Week 2:	Choreography Class/Music/Movement Combos	
Jan 15 & 17	Movement Combos	
Week 3:	Movement Combos/Cueing Strategies	
Jan 22 & 24	Movement Combos/Cueing Strategies	
Week 4:	Practice Movement Combos/Teaching	
Jan 29 & 31	Teach Movement Combos/Program Planning	
Week 5:	Class Structure and Content/Choreography Class	
Feb 5 & 7	Class Design/Choreography Teaching	
Week 6:	Choreography Components Practice	Choreography
Feb 12 & 14	Choreography Components	Component Due
Week 7:	No Classes – Winter Break	
Feb 19 & 21		
Week 8:	PE Fitness Class/Muscle Conditioning and Flexibility	
Feb 26 & 28	Portable Equipment Class Structure/Content	
Week 9:	Written Exam/Portable Equipment Class	Written Exam
Mar 4 & 6	Portable Equipment Teaching	March 4, 2020

Week 10:	Portable Equipment Components Practice	Portable Equipment
Mar 11 & 13	Portable Equipment Components	Component Due
Week 11:	Bike Set up/Pedaling Posture/Cycle Class	
Mar 18 & 20	Cadence Standards/Drill Design/Practice	
Week 12:	Drill Design/Practice	
Mar 25 & 27	Cycle Components Practice	
Week 13:	Cycle Components	Cycle Class Component
Apr 1 & 3	Final Practical Evaluation Practice	Due
Week 14:	Practical Evaluations	
Apr 8		

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.