

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 <u>10%</u> 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 <u>15%</u> For each designation you will be assigned a class component to design, that is 5 minutes in duration. See assignment sheet for details.	October 16, 2018 November 1, 2018 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 <u>20%</u> Practical assessment of one of the designation of your choice. Evaluation will be based on AFLCA standards.	See Schedule
Participation <u>10%</u> 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 <u>15%</u> The final written exam will cover all material presented throughout the course.	TBD

* Late assignments will be deducted 10% per day.

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

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

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

Please note that a grade of C- is required to pass PF1900, 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 Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	90-100	C+	2.3	67-69
A	4.0	85-89	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	F	0.0	00-59
B	3.0	73-76			
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: Sept 6	Introduction: AFLCA History of Group Exercise/Exercise Class	
Week 2: Sept 11 & 13	Leadership/Components of Group Exercise Class Music, Phrasing & Cueing/Movement Combos	
Week 3: Sept 18 & 20	Movement Combos Program Planning/Muscle Conditioning & Flexibility	
Week 4: Sept 25 & 27	Practice Movement Combos/Teaching Teach Movement Combos/Cycle class	
Week 5: Oct 2 & 4	Bike Set Up/Pedaling and Posture Cadence Standards/Drill Design/Practice	
Week 6: Oct 6 & 11	Presentation/Clothing/Footwear/Monitoring Intensity Cycle class/Component Design/Presentation	
Week 7: Oct 16 & 18	Presentations/Midterm Choreography	Cycle Class Component (Oct 16)
Week 8: Oct 23 & 25	Choreography Choreography	
Week 9:	Choreography	One Song Workout (Oct 30)

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