

## KINESIOLOGY AND HEALTH SCIENCES

### COURSE OUTLINE – Winter 2025

#### PF1900 (A3): Group Exercise Fundamentals – 3 (3-0-1) 60 Hours for 15 Weeks

Northwestern Polytechnic acknowledges that our campuses are located on Treaty 8 territory, the ancestral and present-day home to many diverse First Nations, Metis, and Inuit people. We are grateful to work, live and learn on the traditional territory of Duncan's First Nation, Horse Lake First Nation and Sturgeon Lake Cree Nation, who are the original caretakers of this land.

We acknowledge the history of this land and we are thankful for the opportunity to walk together in friendship, where we will encourage and promote positive change for present and future generations.

**INSTRUCTOR:** Lorelle Warr  
**OFFICE:** K218  
**OFFICE HOURS:** By appointment

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**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:** PE1210

#### **REQUIRED TEXT/RESOURCE MATERIALS:**

Methods of Group Exercise Instruction (3<sup>rd</sup> ed.) by Yoke & Armbruster (Human Kinetics)

Strength Training (2<sup>nd</sup> ed.) by NSCA with Editor Lee E Brown (Human Kinetics)

**DELIVERY MODE(S):** This is course is a hands-on course with lots of emphasis on participation in the class activities. Physical activity will be completed in every session, come prepared with active wear and clean indoor shoes.

## LEARNING OUTCOMES:

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

1. Identify exercise-based leadership qualities and legal responsibilities of fitness leaders.
2. Identify and demonstrate effective leadership styles, communication, and qualities in relation to physical fitness and group fitness settings.
3. Apply principles of training and workout design.
4. Construct all components of a group exercise session.
5. Identify and apply major muscles, joints, and actions as related to physical fitness.
6. Outline risk management and identify ways to minimize risk in group fitness settings.
7. Recognize signs and symptoms of overtraining and when exercise needs to be either stopped or modified in group fitness settings.

## TRANSFERABILITY:

Please consult the Alberta Transfer Guide for more information. You may check to ensure the transferability of this course at the Alberta Transfer Guide main page <http://www.transferalberta.alberta.ca>.

**\*\* 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:

<b>Practical Demonstrations</b>		
Group Cycle	Feb 10 & 12	20%
Group Conditioning	Apr 7 & 9	
<b>Group Fitness Class Evaluations</b>		
Group Cycle	Feb 12	10%
Group Conditioning	Apr 9	
<b>Group Fitness Class Design</b>		
Group Cycle	Feb 10 & 12	5%
Group Conditioning	Apr 7 & 9	
<b>Participation</b>	Continuous	15%
<b>Written Exam</b>	April 2 in Class (80mins)	20%
<b>Group Fitness Practical Exam</b>	TBD Final Exam Period	30%
	<b>Total</b>	100%

**Note: To receive credit for PF1900, you must achieve a minimum grade of C-**

Please note that most universities will not accept your course for transfer credit **IF** your grade is **less than C-**.

Alpha Grade	4-point Equivalent	Percentage Guidelines	Alpha Grade	4-point Equivalent	Percentage Guidelines
A+	4.0	95-100	C+	2.3	67-69
A	4.0	85-94	C	2.0	63-66
A-	3.7	80-84	C-	1.7	60-62
B+	3.3	77-79	D+	1.3	55-59
B	3.0	73-76	D	1.0	50-54
B-	2.7	70-72	F	0.0	00-49

## COURSE SCHEDULE/TENTATIVE TIMELINE:

Mondays 8:30am-10:50am & Wednesdays 8:30am-10:50am (J131)

	Weekly Content
Jan 6 & 8	Course Introduction
Jan 13 & 15	Group Cycle
Jan 20 & 22	Group Cycle
Jan 27 & 29	Group Cycle
Feb 3 & 5	Group Cycle
Feb 10 & 12	Practical Demonstrations
<b>Feb 17-21</b>	<b>No Classes: Winter Break</b>
Feb 24 & 26	Group Conditioning
Mar 3 & 5	Group Conditioning
Mar 10 & 12	Group Conditioning
Mar 17 & 19	Group Conditioning
Mar 24 & 26	Group Conditioning
Mar 31 & Apr 2	Group Conditioning/Written Exam
Apr 7 & 9	Practical Demonstrations

- **Regular attendance** is essential for success in this and all other courses. If you must miss class, please contact the instructor in advance or as soon as possible. It is your responsibility to obtain any materials or content missed during your absence. **If you miss more than 3 classes, you may be debarred from writing the final exam.** Please refer to the Debarred Exams section of the Final Examination Policy for further details.
- **To be eligible for Fitness Alberta Certified Group Fitness Instructor certification, you must attend all classes.** Exceptions may be made for exceptional circumstances (e.g., illness or family emergency), but it is your responsibility to inform the instructor in advance or as soon as possible and make up any missed content required.
- All assignments and quizzes are expected to be submitted on the due date. **Late submissions** will be penalized 10% per day up to 4 days, including weekends. After this period, late submissions will not be accepted.
- Missed sessions cannot be made up unless there is a significant issue, such as illness or an emergency, and permission is granted by the instructor. Requests will be considered on a case-by-case basis.

## STATEMENT ON ACADEMIC MISCONDUCT:

Academic Misconduct will not be tolerated. For a more precise definition of academic misconduct and its consequences, refer to the Student Rights and Responsibilities policy available at <https://www.nwpolytech.ca/about/administration/policies/index.html>.

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