

## DEPARTMENT OF KINESIOLOGY & HEALTH SCIENCES

### COURSE OUTLINE – Winter 2023

#### PF1900 (A3): Group Exercise Fundamentals – 3 (3-0-1) 60 Hours/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:** Erin Post

**OFFICE:** Remote

**E-MAIL:** [epost@nwpolytech.ca](mailto:epost@nwpolytech.ca)

**OFFICE HOURS:** Available by email

**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 the nationally recognized Fitness Alberta Group Exercise Fundamentals provincial examination.

**PREREQUISITE:** PE1210

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

Yoke, M. M., & Armbruster, C. K. (2020). *Methods of group exercise instruction – 4<sup>th</sup> edition*.

ISBN: 9781492571766

**DELIVERY MODE(S):** The course work includes lectures, class discussions, group work, assignments, presentations, and in-class exercises. Attend each class in athletic attire with a space conducive to movement.

#### **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, cueing, and building basic choreographed combinations.
6. To prepare students to challenge the Fitness Alberta Group Exercise Fundamentals Theory provincial 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:**

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.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>Class Component Design 15%</b> For each designation, you will be assigned a 5-minute (or if choreographed, one song) class component to design and present.	One at the conclusion of each of the 3 designations
<b>Lab/Assignments 15%</b> Each assignment will be posted in myClass, and due at 11 pm on the day of the corresponding lab class unless otherwise indicated.	Due throughout semester
<b>Written Exam 20%</b> The written exam will cover theoretical material presented throughout the course prior to the exam. The written exam will be 60 minutes.	March 13, 2023 @ 8:30 am
<b>Participation 10%</b> 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
<b>Class Design 10%</b> One full 45-60 minute class design you would use in a facility. Must be a different designation than demonstrated in your practical assessment.	Due: Mar 27, 2023
<b>Group Fitness Practical Assessment 30%</b> Practical assessment of one of the designation of your choice. Evaluation will be based on AFLCA standards. Practical Assessments will be scheduled during the examination period.	Last weeks of semester

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

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

<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>	<b>Alpha Grade</b>	<b>4-point Equivalent</b>	<b>Percentage Guidelines</b>
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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		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: 8:30 – 9:50 am, Lab: 10:00 – 10:50 am (M121)\*

Wednesdays: 8:30 am – 9:50 am (M121)\*

*\*Classes will mostly be held in M121, however, check myClass in the course announcements area for any room changes! Some classes will be held in a classroom with seating!*

Date	Topic	Due Date
<b>Week 1:</b> Jan 4	Introduction/History of Group Exercise/Exercise Class Components of Group Exercise Class	
<b>Week 2:</b> Jan 9 & 11	Foundations & Components, Leadership & Coaching Musicality, Other Modalities	
<b>Week 3:</b> Jan 16 & 18	Bike Set up/Pedaling Posture/Cycle Class Cadence Standards/Drill Design/Practice	
<b>Week 4:</b> Jan 23 & 25	Drill Design/Practice Cycle Components Practice	
<b>Week 5:</b> Jan 30 & Feb 1	Cycle Components Cycle Practice	
<b>Week 6:</b> Feb 6 & 8	Cycle 5-minute demo Portable Equipment	<b>Cycle Demo</b>
<b>Week 7:</b> Feb 13 & 15	PE Fitness Class/Muscle Conditioning and Flexibility Portable Equipment Class Structure/Content	
<b>Week 8:</b> Feb 20 & 22	<b>No Classes – Winter Break</b>	
<b>Week 9:</b> Feb 27 & Mar 1	Virtual Instruction & Portable Equipment <b>ONLINE CLASS</b>	<b>ONLINE DELIVERY</b>
<b>Week 10:</b> Mar 6 & 8	Portable Equipment Portable Equipment 5-minute demo	<b>Portable Equipment Demo</b>
<b>Week 11:</b> Mar 13 & 15	Choreography Masterclass, Content Catch-up Exam review, Choreography Practice	
<b>Week 12:</b> Mar 20 & 22	Written Exam & Optional Modality Choreography drill development	<b>Written Exam Mar 20 @ 8:30 am</b>
<b>Week 13:</b> Mar 27 & 29	Choreography drill development Choreography Practice	<b>Class Design Due Mar 27</b>
<b>Week 14:</b> Apr 3 & 5	Choreography 5-minute Demo Practice & Evaluations begin	<b>Choreography Demo</b>
<b>Week 15:</b> Apr 10 & 12	Practical Evaluations	
Apr 14 - 22	Final Exams – Practical Evaluations	
<b><i>Note: Schedule changes or adjustments are possible!</i></b>		

### STUDENT RESPONSIBILITIES:

- 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.

### **IMPORTANT DATES:**

Jan 4 – first day of classes

Jan 13 – last day to add/drop classes

Feb 21-24 – Winter Break

Mar 29 – last day to withdraw

Apr 7 – Good Friday, no classes

Apr 12 – last day of classes

Apr 14-22 – final exams

### **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 Northwestern Polytechnic Calendar at <https://www.nwpolytech.ca/programs/calendar/> or the Student Rights and Responsibilities policy which can be found at <https://www.nwpolytech.ca/about/administration/policies/index.html>

\*\*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.