

## DEPARTMENT of Kinesiology and Health Sciences

### COURSE OUTLINE – Winter 2024

#### 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:** K215  
**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 (4<sup>th</sup> edition) by Yoke & Armbruster (Human Kinetics)
- Strength Training (2<sup>nd</sup> edition) by NSCA with Editor Lee E Brown (Human Kinetics)

**DELIVERY MODE(S):** This course is a hands-on course with lots of emphasis on participation in the class activities. Physical activity will be completed in every course, 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:

All evaluations are due MST.

<b>Practical Demonstrations</b> <ul style="list-style-type: none"> <li>Group Conditioning (15%)</li> <li>Group Cycle (15%)</li> </ul>	February 26 & 28 in class April 10 & 15 in class	30%
<b>Group Fitness Class Evaluations</b> <ul style="list-style-type: none"> <li>Group Conditioning (5%)</li> <li>Group Cycle (5%)</li> </ul>	January 31 @ 11:59pm March 13 @ 11:59pm	10%
<b>Group Fitness Class Design</b> <ul style="list-style-type: none"> <li>Group Conditioning (10%)</li> <li>Group Cycle (10%)</li> </ul>	February 14 @ 11:59pm April 8 @ 11:59pm	20%
<b>Participation</b>	Continuous	20%
<b>Final Exam</b>	TBD Final Exam Period	20%
	<b>Total</b>	100%

## GRADING CRITERIA:

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 1:00pm-3:20pm & Wednesdays 1:00pm-2:20pm in M121

	Monday Class	Readings	Wednesday Class	Readings
Jan 8 & 10	Introduction		Leadership & Teaching	Methods Ch. 1
Jan 15 & 17	Leadership & Teaching	Methods Ch. 1	Group Fitness Class	
Jan 22 & 24	Group Fitness Class		Music & Cueing	Methods Ch. 3 & 4
Jan 29 & 31	Class Planning & Design	Methods Ch. 3, 5-7, 13 Strength Ch. 7, 8, 13, 14	Exercise Analysis	Methods Ch. 6, 13 Strength Ch. 1, 9-12
Feb 5 & 7	Exercise Analysis	Methods Ch. 6, 13 Strength Ch. 1, 9-12	Exercise Instruction	Methods Ch. 5-7 Strength Ch. 9-12
Feb 12 & 14	Exercise Instruction	Methods Ch. 5-7 Strength Ch. 9-12	Exercise Instruction	Methods Ch. 5-7 Strength Ch. 9-12
Feb 19 & 21	Winter Break			
Feb 26 & 28	Practical Demonstration		Practical Demonstration	
Mar 4 & 6	Cycle Class		Cycle Class	
Mar 11 & 13	Cycle Technique	Methods Ch. 12	Class Planning & Design	Methods Ch. 2, 5, 7, 12
Mar 18 & 20	Creating Drills	Methods Ch. 12	Music & Cueing	
Mar 25 & 27	Creating Drills	Methods Ch. 12	Creating Drills	Methods Ch. 12
Apr 1 & 3	Cycle Instruction	Methods Ch. 3, 12	Cycle Instruction	Methods Ch. 3, 12
Apr 8 & 10	Cycle Instruction	Methods Ch. 3, 12	Practical Demonstration	
Apr 15	Practical Demonstration			

## STUDENT RESPONSIBILITIES:

- In order to be eligible to complete a Fitness Alberta Practical Exam you **MUST ATTEND ALL** classes.
- 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.
- **Cell Phones:** The personal use of cell phones during class time is unprofessional and distracting to the instructor and fellow students. Texting and talking on a cell phone during class will not be tolerated.
- **Email:** Email is the preferred option to communicate with your instructor. **Email correspondence to your instructor must be sent from your NWP student email account.** Emails should be professionally formatted and include a subject, correct spelling and grammar, and a reference to course material and/or textbook pages, etc. Emails that do not adhere to this format may not be responded to.

## 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.