

# KINE 007: TECHNIQUES OF EXERCISE LEADERSHIP

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**Originator**

mawilson

**Justification / Rationale**

Adding hybrid and online modality

**Effective Term**

Fall 2022

**Credit Status**

Credit - Degree Applicable

**Subject**

KINE - Kinesiology

**Course Number**

007

**Full Course Title**

Techniques of Exercise Leadership

**Short Title**

EXERCISE LEADERSHIP

**Discipline****Disciplines List**

Kinesiology

**Modality**

Face-to-Face

100% Online

Hybrid

**Catalog Description**

This course is designed to study the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship. Emphasis is placed on client assessment, communication skills, program design, exercise adherence, teaching strategies, and professional responsibility and liability.

**Schedule Description**

This course is designed to study the principles and techniques involved in teaching group exercise and developing a personal trainer/client relationship.

**Lecture Units**

3

**Lecture Semester Hours**

54

**Lab Units**

0

**In-class Hours**

54

**Out-of-class Hours**

108

**Total Course Units**

3

**Total Semester Hours**

162

**Required Text and Other Instructional Materials****Resource Type**

Book

**Author**

Clark, M., A. Lucett, S., C. Corn, R., J.

**Title**

Essentials of Personal Training

**Edition**

3

**Publisher**

Lippincott, Williams, Wilkins

**Year**

2008

**College Level**

Yes

**Class Size Maximum**

40

**Course Content**

1. Topics may include, but not be limited to:
  - a. Introduction to exercise leadership
    - i. Traits of an ideal instructor
  - b. Effective Communication
    - i. Communication techniques, attending behaviors
    - ii. Techniques to build and enhance support
    - iii. Individual differences affecting behavior
    - iv. Environmental factors
    - v. Body language, non verbal behavior
    - vi. Influence of learning style
    - vii. Stages of communication
  - c. Adherence and Motivation
    - i. Client preference
    - ii. Client expectations
    - iii. Client desire to succeed
    - iv. Lifestyle information
    - v. Strategies that encourage adherence
  - d. Group Exercise Classes-combination, content, sequence.
    - i. Aerobics
    - ii. Circuit training
    - iii. Aerobic interval training
    - iv. Resistance training
    - v. Stretch
    - vi. Low impact, high impact
    - vii. Water fitness
    - viii. Step/bench
    - ix. Spinning
    - x. Components of a class

- xi. Sequence of movements
- xii. Advantages and disadvantages
- e. Group Exercise Concerns
  - i. Basics of choreography: variation, repetition, transition
    - 1. Methods: structured, freestyle
    - 2. Adding elements
    - 3. Repetition reduction
    - 4. Verbal and nonverbal cues
    - 5. Basic locomotor steps
    - 6. Music selection
  - ii. Selection of movement for phases of exercises
  - iii. Biomechanical balance
  - iv. Cardiovascular considerations
  - v. Musculoskeletal considerations
  - vi. Combining resistance and aerobic exercises
    - 1. Group exercise strength building activities
- 2. Factors Affecting Exercise Technique
  - a. Posture
  - b. Muscular balance
  - c. Execution of movement
  - d. Body mechanics
  - e. Range of motion
  - f. Stable position
- 3. Factor Leading to Injury
  - a. Contraindicated techniques
  - b. Over use injury
  - c. Shoes
  - d. Modifications, alternatives, or substitutes
  - e. Environmental factors
    - i. Air temperature, humidity, altitude and adaptations.
    - ii. Exercise surface, exercise area, sound and modifications.
- 4. Teaching Strategies
  - a. Feedback and knowledge of results
  - b. Corrective, value, neutral statements
- 5. Designing Instruction
  - a. Goal setting
  - b. Lesson planning
    - i. Class or individual objectives
    - ii. Class activities and time allocation
    - iii. Pattern for class organization
- 6. Teaching Styles
  - a. Command
  - b. Practice
  - c. Reciprocal
  - d. Self check
  - e. Inclusion
- 7. Critique of Teaching Ability
- 8. Legal Terms and Issues
  - a. Liability and negligence
  - b. Areas of Responsibility and guidelines
  - c. Risk Management

**Course Objectives**

Objectives	
Objective 1	Identify and define the traits of an ideal instructor.
Objective 2	List and describe specific communication techniques that establish rapport and obtain accurate and comprehensive information.

Objective 3	Apply the information obtained from an interview on a client's background, expectations and motivation to the design of an exercise plan that promotes exercise adherence.
Objective 4	List content, combination, and sequence of various types of group exercise.
Objective 5	Apply knowledge of choreography and movement to the design of a safe and beneficial exercise plan.
Objective 6	Identify and define the factors that affect proper exercise techniques and prevent injuries.
Objective 7	Design an individual or group class in which a variety of learning methodologies and strategies are utilized.
Objective 8	List and define legal terms and issues that relate to the exercise and fitness business.

### Student Learning Outcomes

<b>Upon satisfactory completion of this course, students will be able to:</b>	
Outcome 1	Demonstrate competence in fitness research, measurement and assessment.
Outcome 2	Demonstrate an understanding of nutrition, exercise physiology, anatomy, and exercise prescription.
Outcome 3	Develop a personal strength and aerobic conditioning program as related to current fitness trends.
Outcome 4	Perform, with an increasing degree of proficiency, elementary fitness activities that demonstrate measurable improvements in coordination, aerobic capacity, muscular strength and overall flexibility.

### Methods of Instruction

<b>Method</b>	<b>Please provide a description or examples of how each instructional method will be used in this course.</b>
Discussion	Students get in small groups at the beginning of class to familiarize themselves with learning material and then share with the larger group.
Demonstration, Repetition/Practice	Students are required to practice skills learned and demonstrate those skills to the class. Practice activities and demonstrations are embedded into lecture components.
Collaborative/Team	Students are assigned a group to design a periodized training program.
Participation	Students are expected to read course materials before class and participate in classroom activities and discussions on a weekly basis.
Observation	Students will observe classmates perform different movements to assess movement mechanics
Lecture	Lecture is broken up into 20 to 30 minute segments with interactive activities embedded to create an active learning environment.

### Methods of Evaluation

<b>Method</b>	<b>Please provide a description or examples of how each evaluation method will be used in this course.</b>	<b>Type of Assignment</b>
Written homework	Homework assignments to emphasize course topics including reflections on reading materials collected weekly.	In and Out of Class
Oral and practical examination	Students develop a training and coaching demonstration reflecting in class terminology, fitness trends and exercises to instructor and classmates present their as an end of course practicum. Students will prepare, research and organize for leadership demonstration outside of class but present demonstration to classmates.	In and Out of Class
Student participation/contribution	Students will act as clients to allow classmates to practice implementation and communication skills	In Class Only
Tests/Quizzes/Examinations	Exams and quizzes subjective and objective to assess student learning of the basic concepts of Kinesiology. (Total of 100 questions for midterm and final plus quizzes).	In Class Only
Group activity participation/observation	Students are assigned a group to design a periodized training program.	In and Out of Class
Field/physical activity observations	Students will perform field test for assessment of varying physical fitness measures	In Class Only

Reading reports	Students will completed article and course readings and turn in summative reports	In and Out of Class
Critiques	Students will read research and participate in both group and written critiques	In and Out of Class

## Assignments

### Other In-class Assignments

1. Prepare short demonstrations
2. View and critique student presentations

### Other Out-of-class Assignments

1. Personal Fitness Program Design
2. Flexibility Program Design
3. Strength Training Program Design
4. Research Paper
5. Student will create and teach to other students an original movement composition (yoga, pilates, core conditioning, aerobics, kickboxing).

### Grade Methods

Letter Grade Only

## Distance Education Checklist

Include the percentage of online and on-campus instruction you anticipate.

### Online %

50

### On-campus %

50

## Instructional Materials and Resources

If you use any other technologies in addition to the college LMS, what other technologies will you use and how are you ensuring student data security?

N/A

## Effective Student/Faculty Contact

Which of the following methods of regular, timely, and effective student/faculty contact will be used in this course?

### Within Course Management System:

Chat room/instant messaging  
 Discussion forums with substantive instructor participation  
 Online quizzes and examinations  
 Private messages  
 Regular virtual office hours  
 Timely feedback and return of student work as specified in the syllabus  
 Video or audio feedback  
 Weekly announcements

### External to Course Management System:

Direct e-mail  
 E-portfolios/blogs/wikis  
 Posted audio/video (including YouTube, 3cm mediasolutions, etc.)  
 Synchronous audio/video  
 Teleconferencing  
 Telephone contact/voicemail

### For hybrid courses:

Scheduled Face-to-Face group or individual meetings

Supplemental seminar or study sessions

**Briefly discuss how the selected strategies above will be used to maintain Regular Effective Contact in the course.**

There will be weekly discussion on topics related to personal fitness and training, to enhance in depth thinking and application of principles from current readings. Use of video and audio will be used for lab assignments and upload to demonstrate proper application of principles. Followed by instructor feedback to improve outcomes and understanding.

**If interacting with students outside the LMS, explain how additional interactions with students outside the LMS will enhance student learning.**

Additional contact with students will provide students to hear and see feedback in additional formats to meet the needs of all of our students.

## **Other Information**

**Provide any other relevant information that will help the Curriculum Committee assess the viability of offering this course in an online or hybrid modality.**

Allowing this course to have an online section will improve our access to students that currently hold jobs. It will allow for more open hours during typical work hours to improve students access to complete projects where outreach to current professionals is required.

## **Comparable Transfer Course Information**

### **University System**

UC

### **Campus**

Humboldt State University

### **Course Number**

KINS 455

### **Course Title**

Exercise Prescription/Leadership

### **Catalog Year**

2010-2011

### **Rationale**

Possible Requirement for Kinesiology TMC.

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### **University System**

UC

### **Campus**

San Diego State University

### **Course Number**

KNS432

### **Course Title**

Exercise, Fitness, and Health

### **Catalog Year**

2010-2011

### **Rationale**

Possible requirement for Kinesiology TMC

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### **University System**

CSU

### **Campus**

CSU San Bernardino

**Course Number**

KINE 483

**Course Title**

Exercise Prescription

**Catalog Year**

2010-2011

**Rationale**

Possible requirement for Kinesiology TMC

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**MIS Course Data****CIP Code**

31.0507 - Physical Fitness Technician.

**TOP Code**

083520 - Fitness Trainer

**SAM Code**

C - Clearly Occupational

**Basic Skills Status**

Not Basic Skills

**Prior College Level**

Not applicable

**Cooperative Work Experience**

Not a Coop Course

**Course Classification Status**

Credit Course

**Approved Special Class**

Not special class

**Noncredit Category**

Not Applicable, Credit Course

**Funding Agency Category**

Not Applicable

**Program Status**

Program Applicable

**Transfer Status**

Transferable to CSU only

**Allow Audit**

No

**Repeatability**

No

**Materials Fee**

No

**Additional Fees?**

No

## Approvals

**Curriculum Committee Approval Date**

04/21/2022

**Academic Senate Approval Date**

04/28/2022

**Board of Trustees Approval Date**

06/16/2022

**Chancellor's Office Approval Date**

07/15/2019

**Course Control Number**

CCC000605862

**Programs referencing this course**Fitness Specialist Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=148>)Health and Wellness Coach Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=342>)Personal Trainer Certificate of Achievement (<http://catalog.collegeofthedesert.eduundefined/?key=80>)