

PLNU

KIN 484, section 2

ACE Group Fitness Instructor Certification Exam Preparation Spring 2019 Course Syllabus

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Class Meeting Times: TBA
Class Location: Kinesiology 1 (K- 1)
Office Hours: By appointment

Course Description

This 1-3 unit course is designed to give students the knowledge, understanding and practical experiences necessary to prepare for the ACE Group Fitness Instructor Certification Exam and become effective group fitness instructors.

Pre requisites:

Students encouraged to have completed one or more of the following courses: Anatomy, Exercise Physiology, Applied Kinesiology, and Nutrition.

Course Outcomes & Objectives: At the successful completion of this course students will:

- Understand scope of practice of the ACE-certified Group Fitness Instructor.
- Monitor and evaluate principles of pre-class preparation and participant readiness.
- Integrate variety of skills and teaching techniques into Group Exercise Program Design.
- Demonstrate a sample group exercise lesson.
- Evaluate and assess principles of adherence and motivation.
- Implement regressions and modifications for pregnancy and special populations.
- Identify contraindicated exercises and practice prevention and management of common injuries
- Emergency Procedures – prepare for and take CPR training course.
- Understand industry guidelines and the business of group fitness.
- Assess, document and maintain requirements for certification and understand legal and professional responsibilities of the certified Group Fitness Instructor.

Required Texts/Readings: Students will register online at www.acefitness.org and will be able to purchase texts at 20% discount bundle.

1. American Council on Exercise (2011). *ACE Group Fitness Instructor Manual* (3rd ed.). San Diego, Calif.: American Council on Exercise and accompanied CD.

2. American Council on Exercise (2010). *ACE's Essentials of Exercise Science for Fitness Professionals*. San Diego, Calif.: American Council on Exercise and accompanied CD.
3. American Council on Exercise (2011). *ACE Group Fitness Instructor Master the Manual* (3rd ed.). San Diego, Calif.: American Council on Exercise. (optional)

Helpful Websites:

These sites offer interactive anatomy tutorials and quizzes

www.getbodysmart.com

www.winkingskull.com

Grading:

Lab Activities/Participation: 10 @ 10 pts each=100 pts

Attendance: 15 weeks @ 10 pts per week= 150 pts

Nutrition analysis/reflection paper: 25 pts

Weekly open book quiz: 10 @ 10 pts each=100 pts

Student Practicals: pt. value TBA

Total possible points: TBA

Academic Policies:

<http://catalog.pointloma.edu/content.php?catoid=8&navoid=864>

INCOMPLETES AND LATE ASSIGNMENTS

All assignments are to be submitted/turned in by the beginning of the class session when they are due—including assignments posted in Canvas. Incompletes will only be assigned in extremely unusual circumstances.

FINAL EXAMINATION POLICY

Successful completion of this class requires taking the final examination **on its scheduled day**. The final examination schedule is posted on the [Class Schedules](#) site. No requests for early examinations or alternative days will be approved.

NOTE: The following policies are to be used without changes:

PLNU COPYRIGHT POLICY

Point Loma Nazarene University, as a non-profit educational institution, is entitled by law to use materials protected by the US Copyright Act for classroom education. Any use of those materials outside the class may violate the law.

PLNU ACADEMIC HONESTY POLICY

Students should demonstrate academic honesty by doing original work and by giving appropriate credit to the ideas of others. Academic dishonesty is the act of presenting information, ideas, and/or concepts as one's own when in reality they are the results of another person's creativity and effort. A faculty member who believes a situation involving academic dishonesty has been detected may assign a failing grade for that assignment or examination, or, depending on the seriousness of the offense, for the course. Faculty should follow and students may appeal using

the procedure in the university Catalog. See [Academic Policies](#) for definitions of kinds of academic dishonesty and for further policy information.

PLNU ACADEMIC ACCOMMODATIONS POLICY

If you have a diagnosed disability, please contact PLNU's Disability Resource Center (DRC) within the first two weeks of class to demonstrate need and to register for accommodation by phone at 619-849-2486 or by e-mail at DRC@pointloma.edu. See [Disability Resource Center](#) for additional information.

PLNU ATTENDANCE AND PARTICIPATION POLICY

Regular and punctual attendance at all classes is considered essential to optimum academic achievement. If the student is absent from more than 10 percent of class meetings, the faculty member can file a written report which may result in de-enrollment. If the absences exceed 20 percent, the student may be de-enrolled without notice until the university drop date or, after that date, receive the appropriate grade for their work and participation. See [Academic Policies](#) in the Undergraduate Academic Catalog.

COURSE SCHEDULE

Week 1	In-class Lesson	Resources/Notices
	<i>Essentials</i> Chapters 1-2 brief overview Human Anatomy, Ex. Phys. Chapter 3 Applied Kines. video	www.winkingskull.com or www.getbodysmart.com
	Group exercise class	Watch <i>ACE Essentials of Applied Kinesiology DVD</i>
Week 2		
	<i>Essentials</i> Chapters 4 - Nutrition	www.choosemyplate.gov
	Guest speaker: Cindy Swann, R.D.	Personal Nutritional Analysis Report Due
Week 3		
	<i>GFI Manual</i> Chapter 1 Who Is the ACE-certified Group Fitness Instructor?	
Week 4		
	<i>GFI Manual</i> Chapter 2 Principles of Pre-class Preparation and Participation Monitoring and Evaluation	Lab Manual Activity #1
Week 5		
	<i>GFI Manual</i> Chapter 3 Group Exercise Program Design	Lab Manual Activity #2

Week 6	In-class Lesson	Resources
	<i>GFI Manual</i> Chapter 4 Teaching a Group Exercise Class	Lab Manual Activity #3
		Watch <i>ACE Essentials of Group Fitness Instruction DVD</i> found in back of <i>ACE Group Fitness Instructor Manual</i>
Week 7		
	<i>GFI Manual</i> Chapter 5 Principles of Adherence and Motivation	Lab Manual Activity #4
		CPR Certification options
Week 8		
	<i>GFI Manual</i> Chapter 6 Exercise and Special Populations	Lab Manual Activity #5

	Students begin leading exercise	
Week 9		
	<i>GFI Manual</i> Chapter 7 Exercise and Pregnancy	Lab Manual Activity #6
Week 10		
	<i>GFI Manual</i> Chapter 8 The Prevention and Management of Common Injuries	Lab Manual Activity #7
		CPR certifications

Week 11	In-class Lesson	Resources
	<i>GFI Manual</i> Chapter 9 Emergency Procedures	Lab Manual Activity #8
Week 12		
	<i>GFI Manual</i> Chapter 10 The Business of Group Fitness & <i>GFI Manual</i> Chapter 11 Legal and Professional Responsibilities	Lab Manual Activity #9 & #10
	Student practicals or Guest leader	
Week 13		
	Student practicals & Sample exam	Online diagnostic sample test available for students through the ACE store at www.acefitness.org
Week 14		
	Student practicals & Sample exam	Practice exams – cont.
Week 15		
	Students take Sample GFI Test	Practice exams-cont.