

# North Hennepin Community College

## EXSC 2300: Concepts of Group Fitness Instruction

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 1

Lab Hours/Week: 2

OJT Hours/Week: \*.\*

Prerequisites:

This course requires any of these three prerequisite categories

1. Both of these

EXSC 2010 - Essentials of Exercise Science (Minimum grade: 1.67 GPA Equivalent)

EXSC 2100 - Concepts of Training (Minimum grade: 1.67 GPA Equivalent)

Or

2. EXSC 2100 - Concepts of Training (Minimum grade: 1.67 GPA Equivalent)

Or

3. PE 2101 - Concepts of Personal Training

Corequisites: None

MnTC Goals: None

This course is designed to provide theoretical knowledge and practical skills in group fitness instruction, as well as preparation for a national certification exam in group fitness instruction. Topics include guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor; participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor to participant communication techniques, methods for enhancing group leadership, and the group fitness instructor;s (GFI;s) professional role.

**B. COURSE EFFECTIVE DATES:** 01/23/2017 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. This course could include, but is not limited to, guidelines for instructing safe, effective, and purposeful exercise, essentials of the instructor; participant relationship, the principles of motivation to encourage adherence in the group fitness setting, effective instructor to participant communication techniques, methods for enhancing group leadership, and the group fitness instructor;s (GFI;s) professional role.

### D. LEARNING OUTCOMES (General)

1. Differentiate the role of the GFI from other health and fitness professionals (NHCC ELO;s 1,2).
2. Prepare and implement exercise programming for each element of a group fitness class (NHCC ELO;s 1,2,3,4).
3. Apply the principles of exercise science, human anatomy, and biomechanics to movement design and exercise instruction (NHCC ELO;s 1,2).
4. Identify the principles and methods of training for cardiorespiratory fitness, muscular strength and endurance, and flexibility (NHCC ELO;s 1,2).
5. Apply various teaching techniques and strategies to enhance exercise instruction in the group fitness setting and create memorable, inclusive movement experiences (NHCC ELO;s 1,2,3,4).
6. Demonstrate effective leadership skills (NHCC ELO;s 1,3).
7. Recognize the GFI;s role in participant safety, legal issues, and professional responsibility (NHCC ELO;s 1,3,4).

## **E. Minnesota Transfer Curriculum Goal Area(s) and Competencies**

None

## **F. LEARNER OUTCOMES ASSESSMENT**

As noted on course syllabus

## **G. SPECIAL INFORMATION**

1. Knowledge of Human Cultures and the Physical and Natural World Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement Including: Civic knowledge and involvement campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.