

**Common Course Outline for: EXSC 2320 Foundations of Group Exercise****A. Course Description**

1. Number of credits: 3
2. Lecture hours per week: 3  
Lab hours per week: *None*
3. Prerequisites: *None*
4. Co-requisites: *None*
5. MnTC Goals: *None*

*This class includes the core competencies needed in teaching a group fitness class and will provide a comprehensive and practical course in methods of group exercise instruction. The course offers an in-depth and practical class for beginning and pre-professional group exercise instructors. The audience may include students interested in exercise science, fitness, kinesiology, and recreation. Additionally, this course will prepare the students for nationally-recognized Group Fitness Certifications.*

**B. Date last revised:** January 2019**C. Outline of Major Content Areas**

1. This course includes the core competencies required in teaching group exercise classes (Anatomy, Exercise Physiology, Kinesiology, Nutrition, Injury prevention, Cardiorespiratory endurance and Special populations).
2. Understand and utilize target training zones and the perceived exertion scale.
3. Understand and utilize the 5 fitness components of the ACSM guidelines.
4. Practice and teach various types of group fitness instruction.
5. Utilize correct warm-up, cool-down, and stretching techniques.
6. Teaching skills, cueing, choreography and class content.

**D. Course Learning Outcomes**

Upon successful completion of the course, the student will be able to:

1. Demonstrate a strong knowledge of the core competencies involved in teaching group exercise.
2. Demonstrate various formats of group fitness.
3. Apply modifications for various fitness levels.
4. Apply and utilize training principles.
5. Implement all the responsibilities of a group fitness instructor.
6. Demonstrate knowledge of all teaching components.

**E. Methods for Assessing Student Learning**

Students will be evaluated with regard to their class participation, effort, teaching performance, cueing and choreography in a subjective manner from the instructor and student feedback. Additionally, several exams, written assignments and various other tasks will be assessed for student competency and utilized to evaluate students' knowledge and comprehension of the textbook and lectures.

**F. Special Information** *None*