

Division of Kinesiology and Athletics
Course KNPR 205
Techniques of Exercise Leadership

Instructor:

Email:

Office Location:

Division Office:

Division Office Hours: Appointment only

COURSE DESCRIPTION

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

STUDENT LEARNING OUTCOMES

Upon completion of this course, students will be able to:

1. Students will be able to convey exercise instructions through verbal and non-verbal exercise cueing techniques for a variety of group exercise modalities.
2. Students will become competent in many group exercise modalities and proficient in at least one.
3. Students will recall and demonstrate fitness industry ethic in designing and interacting in a group exercise setting.
4. Students will learn to read body language and recognize changes in an exercise group's ability to stay on task.

COURSE OBJECTIVES

1. Identify and define the traits of an ideal fitness specialist.
2. Develop communication strategies that establish rapport and encourage client retention.
3. Learn and employ activity specific cueing techniques.
4. Recognize factors that improve client participation and motivation as well as reduce risk of client injury.
5. Create a lesson plans including the objectives, content, and sequencing for a variety of group exercises.
6. Arrange group workouts using principles of choreography.
7. Define and understand legal terminology and issues in the fitness industry.

COURSE OUTLOOK

This course is designed as a lecture lab class. Students will be given reading, writing, and activity based assignments. Students will follow along in the required text, take notes during the lecture, participate in the demonstration portion of class, as well as prepare and lead small groups in all covered modules.

CLASS PARTICIPATION AND ATTENDANCE

A. Attendance

Attendance is required and an essential to a student's success. For exact clarification please refer to the college catalog attendance section. Problems in coming to class should be discussed with the instructor, when possible, before the class is missed. Missed classes without prior communication with the instructor will result in loss of participation points. Students are expected to attend classes regularly. Students whose absences exceed 10% of the scheduled class meeting time may be dropped by the instructor. You may be dropped for excessive absences.

B. Participation

A student that does not participate in the daily activities shall not earn the necessary participation points for successful completion. An absent student is a student that misses participation; therefore absences will negatively impact your grade. Participation points will be deducted each time a student doesn't participate due to absence, issue, insufficient dress or other potential issues that arise

WITHDRAWALS (refer to College Catalog)

In the event you choose to withdraw from the course, the burden of following through with the withdrawal process is your responsibility. Please refer to the College Catalogue for more detail.

GENERAL CLASS POLICIES

1. Please keep cell phones on silent and don't use them during class
2. Courtesy, kindness, and respect are great human qualities to be cultivated.
3. It is expected that all students will participate fully during class.
4. Prior reading of assigned material will be helpful.
5. Eating and drinking in class is not allowed.
6. Children are not allowed in classrooms. All visitors or volunteers must have district approval.
7. Arrive at all lecture classes properly prepared with appropriate classroom materials for study and note taking.

TIME DEADLINES

Exams, assignments, and homework all have due dates. On occasion, it may be necessary to alter these dates because of our progress during the semester. You will always be given advance notice of such changes.

INCOMPLETES IN THE COURSE

An "incomplete" grade will not be given unless the student has a legitimate personal crisis that prevents finishing the course on time. Students receiving an incomplete must be doing passing work up to that point. If such an occurrence happens, it is the student's responsibility to contact the instructor immediately to explain the situation and make plans.

RELIGIOUS OBSERVANCES

Please notify the instructor in advance of religious observances that interfere with class attendance.

EXPECTATIONS

Students will be expected to dress in appropriate fitness attire. This includes athletic shorts/pants and appropriate shoes. No jeans, jean shorts, boots or open toed shoes will be allowed. Should the student not be prepared the student will receive a deduction in participation points. Students are encouraged to bring bottled water and a towel to each class.

STUDENTS WITH DISABILITIES

Your success in this course is important to me. Santa Ana College and I are committed to providing reasonable accommodations for all individuals with disabilities. If you have a disability that may have some impact on your ability to do well in this course, I encourage you to speak with me as soon as possible. Also, please contact Disabled Student Programs & Services so that we can all collaborate on your classroom accommodations in a timely manner. DSP&S is located in U-103 and their phone number is 714-564-6264. The DSP&S office requires documentation of your disability in order to receive reasonable accommodations. If you do not have documentation they will work with you to acquire it. I look forward to supporting you to meet your learning goals.

ACADEMIC INTEGRITY

Students are expected to be honest and ethical at all times in their pursuit of academic goals. Cheating and other violations will be referred to appropriate authorities. Students who are found in violation of district Procedure 3100.3, Honest Academic Conduct, will receive a "0" grade on the assignment in question and may be referred for disciplinary action in accordance with Procedure 3100.2, Student Disciplinary Procedures. If a conflict arises, the campus policy is to attempt a resolve by talking with your instructor, then the department chair, then the dean, etc. Please feel free to speak plainly with me before problems arise.

REQUIREMENTS

1. Attend class daily
2. Complete assignments
3. Take Midterm and Final Exam

TYPICAL GRADING SCALE:

90-100%	A
80-89%	B
70-79%	C
60-69%	D
Below 60	F