Instructor: Danielle Dill, MPH  
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Office: Wellness Center 202B  
Phone: 974-3140
Office Hours: By appointment  
Classroom Schedule: TBD  
Credit Hours: 2

The College of Education and Professional Studies and the Department of Kinesiology and Health Studies are committed to helping students learn by providing a range of transformative learning experiences in discipline knowledge and in the five core areas: leadership; research, creative and scholarly activities; service learning and civic engagement; global and cultural competencies; and health and wellness.

Course Description: The course will study principles and methods of exercise leadership. Primary focus will center on exercise programming and participation, teaching methods, technique evaluation, supervision, and leadership of various types of group exercise programs.

Course Prerequisites: HLTH 3223


General Course Objectives:
Upon completion of this course, you will have knowledge of and experience to prepare and lead a safe and effective group exercise class for participants of all ages and abilities.

Specific Course Objectives:
Upon completion of this course, the student will be able to:
1) Preparing and leading a group exercise class

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<tr>
<th>KSA</th>
<th>Description</th>
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<tr>
<td>1.7.4</td>
<td>Knowledge of specific group exercise leadership techniques appropriate for working with participants of all ages</td>
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<td>1.7.15</td>
<td>Knowledge of the components incorporated into an exercise session and the proper sequence (i.e., preexercise evaluation, warm-up, aerobic stimulus phase, cool-down, muscular strength and/or endurance, and flexibility).</td>
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<tr>
<td>1.7.21</td>
<td>Skill to teach and demonstrate the components of an exercise session (i.e., warm-up, aerobic stimulus phase, cool-down, muscular strength/endurance, flexibility).</td>
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<td>1.7.33</td>
<td>Ability to design, implement, and evaluate individualized and group exercise programs based on health history and physical fitness assessments.</td>
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2) Applying principles of exercise physiology, biomechanics, and anatomy to a group exercise session.

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<td>1.10.18</td>
<td>Knowledge of basic ergonomics to address daily activities that may cause musculoskeletal problems in the workplace, and the ability to recommend exercises to alleviate symptoms caused by repetitive movements.</td>
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<tr>
<td>1.10.15</td>
<td>Skill to demonstrate exercises used for people with low back pain, neck, shoulder, elbow, wrist, hip, knee and/or ankle pain; and the ability to modify a program for people with these conditions.</td>
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3) Using evaluation tools to ensure a safe and effective exercise class
4) Using safe and effective procedures of various types of group exercise sessions such as Hi/low, step, yoga, Pilates, circuit training, muscular conditioning, and others.

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<td>1.7.25</td>
<td>Ability to identify and apply methods used to monitor exercise intensity, including heart rate and rating of perceived exertion.</td>
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<td>1.7.32</td>
<td>Ability to communicate appropriately with exercise participants during initial screening and exercise programming.</td>
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5) Developing a group exercise program at a facility.

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<td>1.7.19</td>
<td>Knowledge of the exercise programs that are available in the community and how these programs are appropriate for various populations.</td>
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**Instructional Methods and Techniques**

1. Lecture/
2. Independent study/labs
3. Class and small group discussion/exercises/labs
4. Audio/visual support
5. Other as needed

**Method of Evaluation**

A = 90% and above; B = 80% and above; C = 70% and above; D = 60% and above; F = below 60%

- A final grade of “C” or better is required of all majors in KHS.

**Course Requirements**

The final grade will be based upon total points possible including all of the areas listed below:

**WRITTEN EXAMS**

- The final exam for this course will be a practical examination. Individuals will work in a group to develop a short group exercise class. Each individual will be required to lead the group in one segment of the class while being observed by the instructor. Detailed guidelines will be provided. Some of these examinations may be scheduled outside of class time.
- Failure to take the final exam at the scheduled time will result in a zero for final exam.
ATTENDANCE AND CLASS PARTICIPATION

- Regular attendance and active participation in this class is essential for your success. Tardiness is disruptive and should be avoided. Arriving FIVE MINUTES after the start of class will result in an absence for that day and forfeiture of all points for all assignments and/or exams from that class period including in-class activities, reflection papers, quizzes, homework assignments, or exams.

- Similarly, it is not appropriate to leave class early. Students are expected to stay until class is completed at 4:50 pm each afternoon. Students leaving early will forfeit all point assignments and/or exams from that class period including in-class activities, reflection papers, quizzes, homework assignments, or exams.

- Class participation in ALL activities is a required aspect of this class. Students need to come DRESSED APPROPRIATELY IN WORKOUT GEAR (including appropriate shoes). Students not dressed appropriately for class will be considered absent (see previous note).

- The course calendar is located on WebCT. All students should check the calendar regularly. Required readings will be posted on the calendar.

- No late work will be accepted for any reason, unless you have made previous arrangements with the instructor. You must make arrangements with the instructor BEFORE absences in order to be eligible for make-up work. All approved late work will be due by the next class period and subject to a 20% point reduction.

GENERAL ASSIGNMENTS

1. Group Homework Assignments
2. Guest Reflections
3. Participation in Class Activities
4. Quizzes
5. Final Practical Exam

General Notes

- Students interested in strengthening personal writing skills may contact the Writing Center at “Tutoring Central” in West Hall, 974-2487.

Fatal Error Policy:
All written assignments must meet minimal presentation standards to be acceptable. These standards address spelling, punctuation, format and basic grammar. The term Fatal Errors refers to technical American English errors of form. Specifically, they include the following:

a) each different word misspelled;
b) each sentence fragment;
c) each run-on sentence or comma splice;
d) each mistake in capitalization;
e) each serious error in punctuation that obscures meaning;
f) each error in verb tense or subject/verb agreement;
g) lack of conformity with assignment format; and,
h) each improper citation, or lack of citation, where one is needed.
Papers with more than three (3) fatal errors marked by an instructor on any one page, or more than 12 non-repeated errors for the entire document will be returned to the student and subject to 20% off the grade immediately and may be subject to 10% off for each day until the paper is returned corrected.

Instructors will determine the number of resubmissions allowed for each assignment. Final course papers (where there is no time for a resubmission) will be docked one percent of the grade for each error including one percent off for each repeated error.

**Ethical conduct** is expected in this course; academic dishonesty will not be tolerated. Academic dishonesty includes, but is not limited to: plagiarizing; cheating on exams or in the preparation of academic work; copying from tests, reports, etc.; collaborating with others without prior authorization; reuse of work in more than one class without informing the instructor; possessing contents of an un-administered examination; and using materials during a test not authorized by the instructor. While collaboration with cohorts in study groups is encouraged, each student is responsible for his or her own work. Students may not, under any circumstances, turn in work that has been prepared by someone else.

Disciplinary action (as outlined by the Code of Student Conduct) will result in one of the following at the instructor’s discretion:
- A substitute assignment or examination
- A reduced grade for the assignment, examination, or course
- A grade of zero of F for the assignment, examination, or course
- A grade of F for the course

*NOTE: UCO subscribes to the Turnitin.com plagiarism prevention service. Students agree that by taking this course, all required assignments may be subject to submission for textual similarity review to Turnitin.com for the detection of plagiarism. All submitted assignments will be included as source documents in the Turnitin.com restricted access reference database for the purpose of detecting plagiarism of such assignments. Use of the Turnitin.com service is subject to the Terms and Conditions of Use posted on the Turnitin.com website. Turnitin.com is just one of various plagiarism prevention tools and methods which may be utilized by your faculty instructor during the term of the semester. In the UCO Student Handbook, there is a process for contesting any plagiarism allegations against you.*

**Special Accommodations:** The University of Central Oklahoma complies with Section 504 of the Rehabilitation Act of 1973 and the American with Disabilities Act of 1990. Students with disabilities who need special accommodations must make their requests by contacting Disability Support Services, at (405) 974-2516. The DSS Office is located in the Nigh University Center, Room 309. Students should also notify the instructor of special accommodation needs by the end of the first week of class.

“If an emergency occurs that prevents the administration of a final examination, the student’s final course grade will be calculated based on the work in the course completed to that point in time and the faculty member’s considered judgment. Final exams will not be rescheduled, and a grade of “I” will not be given as a result of the missed exam.”
Course -- *Tentative Schedule

Week 1: Introduction to Group Exercise (Ch. 1-2)
Week 2: Core Concepts in Class Design (Ch. 3)
Week 3: Fundamental of Group Exercise (Ch. 4)
Week 4: Fundamentals of Group Exercise (Ch. 4)
Week 5: Warm-up and Stretching Principles (Ch. 5)
Week 5: Cardiorespiratory Training (Ch. 6)
Week 6: Cardiorespiratory Training (Ch. 6)
Week 7: Cardiorespiratory Training (Ch. 6)
Week 8: Muscular Conditioning (Ch. 7)
Week 9: Muscular Conditioning (Ch. 7)
Week 10: Pilates (Ch. 14)
Week 11: Yoga (Ch. 13)
Week 12: Other Modalities (Ch. 8-10)
Week 13: Other Modalities (Ch. 11-12)
Week 14: Senior Fitness
Week 15: Senior Fitness
Week 16: Customizing Group Exercise Classes (Ch. 15)

*The above schedule is tentative and can be changed at the discretion of the Instructor.

COMPREHENSIVE FINAL EXAM – See UCO final exam schedule