

**WAYNE STATE UNIVERSITY
COLLEGE OF EDUCATION**

DIVISION: Kinesiology, Health and Sport Studies (KHS)

PROGRAM AREA: Kinesiology (KIN)

KHS WEB SITE: <http://coe.wayne.edu/kinesiology/index.php>

COURSE #: KIN 6100_001

COURSE TITLE: Methods of Group Exercise Instruction

SECTION #: CRN – 25873

TERM/YEAR: Winter 2017

COURSE CREDIT: 02 credit hours

COURSE LOCATION: 128 Matthaei Building (dance studio)

TIME/DAY: Thursdays from 4:30 PM - 6:10 PM

INSTRUCTOR: Erica Mitra, MPH, CPT

OFFICE LOCATION: N/A

OFFICE HOURS: Email me to set up an appointment after class

TELEPHONE: Campus: (313) 577-6219

EMAIL: Erica.hirsch@wayne.edu

COURSE DESCRIPTION:

This course is designed to teach students about the group exercise fitness industry and practical strategies for instructing group classes.

COURSE OBJECTIVES:

1. To learn how to apply anatomy, physiology and exercise physiology knowledge to formulate a successful group exercise class
2. To be able to effectively instruct group exercise classes to various health populations
3. To develop and strengthen preparation and presentation skills in a group setting
4. To have a baseline understanding of the group exercise industry and various types of class formats

LEARNING OUTCOMES:

This course will teach students how to safely instruct a group exercise class. It will review the basic components of group exercise instruction; evolution of group exercise, class formatting, instructor cueing, exercise modifications, basic choreography, music integration, safety concerns, and various formats of class styles. Upon course completion students will be well prepared to sit for any nationally recognized group exercise certification.

EXPECTATIONS:

1. Attendance is required and counts towards your overall grade. There will be a significant amount of in class practice and presentations. Missing several classes will lower your cumulative grade.
 - On time = 5 points per class
 - 10+ minutes late = 0 points
2. Always come to class dressed in athletic clothing and ready to move. Wear layers in the event you do not lead an exercise segment that day. Water bottles are highly encouraged.
3. Take the time to review the class topics that will be covered in the following class. It is your responsibility to be familiar with the material as it will appear on the final test. **You are expected to read and review PowerPoints.**
4. Class preparation is key to learning how to teach group exercise. There are several presentations that will require several hours of practice. There will be allotted time in class for group practice but additional practice outside of class will be required. **It is suggested that you use your peer mentor for further practice.**
5. The use of the stereo and microphone are part of learning how to be a group exercise instructor. You will be expected to use the stereo and headset during your class presentations along with being familiar with the equipment set up. This equipment is not cheap - treat it as yours.
6. Attendance to a minimum of **five** group exercise classes throughout the semester is required for written assignments. **Review the syllabus to know which class formats you need to attend and when your assignments need to be uploaded to Blackboard.** Assignment point deductions for late submission are as follows:
 - 1 day late = 5 point deduction
 - 1 week late = 50% of points
 - More than 1 week = 0 points
 - If a student is injured they can observe a group exercise class – must notify instructor
7. **ALL** assignments, presentations, tests, etc. will be posted on Blackboard. It is your responsibility to review and complete the assignments on a weekly basis.
8. **Work hard and have fun!**

TEXT (RECOMMENDED):

Armbruster-Kennedy, C. (2014). *Methods of Group Exercise Instruction* 3rd edition. Champaign, IL: Human Kinetics Publishing Co.

TEXT (RECOMMENDED): Biscontini, L. (2011). *Cream Rises: Excellence in Education*. United States of America: FG2000 and Lulu.com

REFERENCES: Text book(s), handouts, YouTube video clips.

METHOD OF INSTRUCTION: Lecture, group activities, and student lead group exercise segments

CLASS SCHEDULE: Subject to changes

DATE	LECTURE TOPICS	ASSIGNMENTS DUE
1/12	Syllabus Review Why Group Exercise Roles of an Instructor	First Day Introductions
1/19	Music and Warm-Up * <i>Review Stereo Use</i> * <i>Basic Presentation Demo</i>	
1/26	Composing a Class Traditional Choreography vs. Coaching Based Classes Instructor Cueing * <i>32 CT Presentation Demo</i>	Part 1: Basic Presentation Assignment 1
2/2	BASIC PRESENTATIONS	Presentations @ GYM 109
2/9	BASIC PRESENTATIONS	Presentations @ GYM 109
2/16	Cardio Kickboxing Class Emergencies Safety in different populations * <i>Kickboxing Class Demo</i> * <i>In class practice – 32 ct</i>	Assignment 2
2/23	Functional Training, Boot Camp Flexibility Step aerobics * <i>In class practice – 32 ct</i>	
3/2	Meet at Mort Harris Indoor Cycling	Meet at Mort Harris Part 1: 32 Count Presentation
3/9	32 CT PRESENTATIONS	Presentations @ RM 128 Assignment 3
3/16	NO CLASS - SPRING BREAK!!!	
3/23	32 CT PRESENTATIONS	Presentations @ RM 128
3/30	Yoga and Pilates * <i>Yoga Class Demo</i>	Part 1: Final Presentation Assignment 4
4/6	Water Aerobics Alternative Classes * <i>Final presentation practice</i>	
4/13	FINAL PRESENTATIONS	Presentation @ GYM 109
4/20	FINAL PRESENTATIONS Final Review	Masters Student Presentation Assignment 5 Written Paper
4/27	ONLINE FINAL	ONLINE FINAL – 100 pts

EVALUATION	POINTS POSSIBLE
Attendance	14 classes X 5 points = 70 points
First Day Introductions	10
Assignment 1: Attend any Group Exercise Class	20
Assignment 2: Attend a Choreographed Based Group Exercise Class (focus on music and cuing)	20
Assignment 3: Attend a Strength Based Class	20
Assignment 4: Attend a Kickboxing/Martial Art Based Class	20
Assignment 5: Attend a Step, Cycle, Water, or Yoga Class	20
Basic Presentation	20
32 CT Presentations	50
Final Group Exercise Presentation	50
Online Final	100
Written Paper	20
TOTAL	420
Masters Project	30 Satisfactory = 30 Unsatisfactory = 0
TOTAL	450

Grades will be determined according to the following point system:

A	= 92 - 100%	C	= 73 - 77%
A-	= 90 - 91%	C-	= 70 - 72%
B+	= 88 - 89%	D+	= 68 - 69%
B	= 83 - 87%	D	= 63 - 67%
B-	= 80 - 82%	D-	= 60 - 62%
C+	= 78 - 79%	F	= <60%

Note, the WSU grading procedures require that any graduate level student who earns less than a straight "C" grade (i.e., less than 324 points in the point system shown above) must be given a grade of "F."

CLASS POLICIES:

Develop the skills of an independent learner. There are no makeup exams or assignments. Assignments are posted on Blackboard under the course content area. All late submissions of homework or tardiness to class will result in a point deduction. **NO ASSIGNMENTS OR PRESENTATIONS WILL BE ACCEPTED AFTER ONE WEEK OF THE DUE DATE.**

There are no exceptions. All assignments must be typed with student's name and Wayne State email address and submitted through Blackboard or other electronic means.

Class attendance is recorded along with other student enrollment information for documentation purposes. Prompt attendance is expected. Points will be deducted for tardiness and failure to attend will result in zero points.

No text messaging or cell phone usage is allowed during the class period. Netbooks, tablets, iPads, and laptop computers are allowed for note taking and PPT viewing purposes only. Students that are found using electronic devices for non-class purposes will be restricted from using any devices from that point forward.

Students are responsible to check Blackboard on a regular basis and before contacting instructor for questions. All class updates, schedules, assignments, grades, PowerPoint presentations, resources, and announcements are posted on Blackboard.

All communication from me will be sent to your WSU email account. Be sure that your WSU email is your primary email or change your settings so that your WSU emails are forwarded your most utilized email address. It is strongly recommend that you regularly check your WSU email and verify its capacity limit and settings.

In addition, be sure to set the WSU Broadcast Messaging Service so that you receive text messages for campus emergencies. When you are logged into WSU Pipeline, just click the 'Broadcast Messaging' link on the My Pipeline tab, under 'WSU Resources'. First, register your cell phone number and carrier then click 'Submit Changes'. Under 'Manage Your Preferences', select all three options: 'WSU E-mail', 'Text Message', 'WSU Instant Message'. Click 'Update Preferences' to finish. If you are having trouble, please contact Computing & Information Technology (C & IT) at (313) 577-4778. Services hours are Monday-Friday 7:30am to 10:00pm and weekends 9:00am to 4:00pm. Live chats are also available during business hours.

Please feel free to talk with me any time during the semester regarding your progress or any problems you may be encountering relative to this class.

ACADEMIC DISHONESTY – PLAGIARISM AND CHEATING:

The College of Education has a "zero tolerance" approach to plagiarism and other forms of academic dishonesty. Plagiarism includes copying material (any more than 5 consecutive words) from outside texts or presenting outside information as if it were your own by not crediting authors through citations. It can be deliberate or unintended. Specific examples of academic dishonesty, including what constitutes plagiarism, can be found in the University's Undergraduate Bulletin (<http://bulletins.wayne.edu/ubk-output/index.html>), the Undergraduate Student Handbook (<http://comm.wayne.edu/files/undergradhandbook.pdf>), and in print and online versions of the Graduate Catalog (<http://www.bulletins.wayne.edu/gbk-output/index.html>) under the heading "Student Ethics." **It is every student's responsibility to read these documents to be aware which actions are defined as plagiarism and academic dishonesty.** Sanctions could include failure in the course involved, probation and expulsion, so students are advised to think carefully and thoroughly, ask for help from instructors if it is needed, and make smart decisions about their academic work.

Academic misbehavior means any activity that tends to compromise the academic integrity of the institution or subvert the education process. All forms of academic misbehavior are prohibited at Wayne State University, as outlined in the Student Code of Conduct (<http://www.doso.wayne.edu/student-conduct-services.html>). Students who commit or assist in committing dishonest acts are subject to downgrading (to a failing grade for the test, paper, or other course-related activity in question, or for the entire course) and/or additional sanctions as described in the Student Code of Conduct.

- **Cheating:** Intentionally using or attempting to use, or intentionally providing or attempting to provide, unauthorized materials, information or assistance in any academic exercise. Examples include: (a) copying from another student's test paper; (b) allowing another student to copy from a test paper; (c) using unauthorized material such as a "cheat sheet" during an exam.

- **Fabrication:** Intentional and unauthorized falsification of any information or citation. Examples include: (a) citation of information not taken from the source indicated; (b) listing sources in a bibliography not used in a research paper.
- **Plagiarism:** To take and use another's words or ideas as one's own. Examples include: (a) failure to use appropriate referencing when using the words or ideas of other persons; (b) altering the language, paraphrasing, omitting, rearranging, or forming new combinations of words in an attempt to make the thoughts of another appear as your own.
- **Other forms of academic misbehavior include, but are not limited to:** (a) unauthorized use of resources, or any attempt to limit another student's access to educational resources, or any attempt to alter equipment so as to lead to an incorrect answer for subsequent users; (b) enlisting the assistance of a substitute in the taking of examinations; (c) violating course rules as defined in the course syllabus or other written information provided to the student; (d) selling, buying or stealing all or part of an un-administered test or answers to the test; (e) changing or altering a grade on a test or other academic grade records.

Anyone with specific questions regarding academic misbehavior should consult the Student Conduct Services website at <http://www.doso.wayne.edu/codeofconduct.pdf> or http://www.doso.wayne.edu/student-conduct/Academic_Integrity.html

GENERAL NOTE ON GRADING:

The College of Education faculty members strive to implement assessment measures that reflect a variety of strategies in order to evaluate a student's performance in a course. For undergraduates and post-degree students C grades will be awarded for satisfactory work that satisfies all course requirements; B grades will be awarded for very good work, and A grades will be reserved for outstanding performance. [For graduate students B grades will be awarded for satisfactory work that satisfies all course requirements; B+ grades will be awarded for very good work, and A grades will be reserved for outstanding performance.] Please note that there is a distribution of grades from A-F within the College of Education and '+' and '-' are recorded and used to distinguish grade point averages.

MEDICAL WITHDRAWAL:

A student who sustains, during the course of the semester, an injury or illness that prevents him/her from further participation in this class may apply for a "(partial) medical withdrawal" and *may* receive complete or partial reimbursement of tuition paid for this class. A physician's statement is required. Forms to use to apply for "medical withdrawal" may be obtained from the Registrar, or from www.wayne.edu (type in "forms and instructions" in the search box).

ENROLLMENT/WITHDRAWAL POLICY:

In the first two weeks of the (full) term, students can drop this class and receive 100% tuition and course fee cancellation. After the end of the second week there is no tuition or fee cancellation. Students who wish to withdraw from the class can initiate a withdrawal request on Pipeline. You will receive a transcript notation of WP (passing), WF (failing), or WN (no graded work) at the time of withdrawal. No withdrawals can be initiated after the end of the tenth week. Students enrolled in the 10th week and beyond will receive a grade. **Because withdrawing from courses may have negative academic and financial consequences, students considering course withdrawal should make sure they fully understand all the consequences before taking this step. More information on this can be found at:** http://reg.wayne.edu/Withdrawing_From_a_Course.php

FINAL DATE FOR STUDENTS TO INITIATE WITHDRAWAL IS **SUNDAY, MARCH 26, 2017.**

"I" - INCOMPLETE

The mark of "I" (Incomplete) is given to a student when s/he has not completed all of the course work as planned for the term and when there is, in the judgment of the instructor, a reasonable probability that the student will complete the course successfully without again attending regular class sessions.

University grading policy states that a written contract should be signed by the student and instructor, specifying all work to be completed. In order to alleviate questions about incomplete courses and to assist students and instructors, the Office of

the Registrar has prepared a template Contract for Completion of Incomplete Coursework. You can find the template contract at <http://reg.wayne.edu/pdf-forms/incomplete.pdf>. **Incompletes are not granted for students that have not attended, missing several assignments, missed exams, or failing the course.**

STUDENT DISABILITIES SERVICES:

If you have a documented disability that requires accommodations, you will need to register with Student Disability Services for coordination of your academic accommodations. The Student Disability Services (SDS) office is located in the Adamany Undergraduate Library. The SDS telephone number is 313-577-1851 or 313-202-4216 (Videophone use only). Once your accommodation is in place, someone can meet with you privately to discuss your special needs. Student Disability Services' mission is to assist the university in creating an accessible community where students with disabilities have an equal opportunity to fully participate in their educational experience at Wayne State University.

Students who are registered with Student Disability Services and who are eligible for alternate testing accommodations such as extended test time and/or a distraction-reduced environment should present the required test permit to the professor at least one week in advance of the exam. Federal law requires that a student registered with SDS is entitled to the reasonable accommodations specified in the student's accommodation letter, which might include allowing the student to take the final exam on a day different than the rest of the class.

RELIGIOUS OBSERVANCE POLICY:

Because of the extraordinary variety of religious affiliations of the University student body and staff, the Academic Calendar makes no provisions for religious holidays. However, it is University policy to respect the faith and religious obligations of the individual. Students with classes or examinations that conflict with their religious observances are expected to notify their instructors well in advance so that mutually agreeable alternatives may be worked out.

STUDENT SERVICES:

The Academic Success Center (1600 Undergraduate Library) assists students with content in select courses and in strengthening study skills. Visit www.success.wayne.edu for schedules and information on study skills workshops, tutoring and supplemental instruction (primarily in 1000 and 2000 level courses).

The Writing Center is located on the 2nd floor of the Undergraduate Library and provides individual tutoring consultations free of charge. Visit <http://clasweb.clas.wayne.edu/writing> to obtain information on tutors, appointments, and the type of help they can provide.