

**HHPS 317-Individual and Group Exercise Instruction  
Summer 1 2016**

Class Meeting Time: TWR 8-10:40

Office hours: TBA in class and by appointment

Class Meeting Place: FH 003 and other locations as announced

Instructor: Dr. Sandy Kimbrough

E-mail: sandy.kimbrough@tamuc.edu

Office: Field House 100G

Office Phone: 886-5555

Twitter: @DrKimbrow

**Required text**

None. Students will access handouts and other resources via e-college.

**Course Description**

This course is designed to provide students with an overview of the educational concepts, performance techniques, program design, and leadership skills needed to teach individual and group-led exercise programs. The course provides an overview of essential safety and risk management procedures to enable the student to lead a safe and effective exercise program as well as practical application of various instructional formats.

**Objectives**

Through the completion of this course, students are expected to gain and demonstrate an understanding of the following:

- Basic anatomy and physiology of the human body and key components of exercise physiology
- A basic understanding and applied knowledge associated with guidelines for use in a group fitness setting
- Professional and legal responsibilities, scope of practice, and business strategies for fitness instructors
- Individual and group program design, including warm-up, exercise technique, aerobic/anaerobic training, and stretching methods
- Safety considerations of different abilities and age groups

**Evaluation\*\*\***

**Percent/points**

1. Exam 1	10%	(100)
2. Exam 2	10%	(100)
3. Practicals		
Step identification and technique	2%	(20)
Muscular endurance exercises	2%	(20)
Muscular strength exercises	2%	(20)
Flexibility exercises	2%	(20)
Warm-up/cool-down exercises	2%	(20)
4. Certification presentations (2x100 pts each)	20%	(200)
5. Personal training simulation	10%	(100)
6. Group exercise leadership (2x100 pts each)	20%	(200)
7. GE observation and critique (4x25 pts each)	10%	(100)
8. "Other" (see ecollege)	10%	(100)

\*\*\*Information on all components of evaluation is provided in e-college.

## Grading Scale

Percent	Points		
90-100 %	900-1000	A	(exceptional, excellent, mastery)
80-89%	800-899	B	(above average, good performance and learning)
70-79%	700-799	C	(average)
60-69%	600-699	D	(below average)
0 – 59%	0-599	F	(failing)

***“No excuses, just results.”***

## Statement on Student Behavior

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment (see Student’s Guide Handbook).

## Students with Disabilities:

The Americans with Disabilities Act (ADA) is a federal anti-discrimination statute that provides comprehensive civil rights protection for persons with disabilities. Among other things, this legislation requires that all students with disabilities be guaranteed a learning environment that provides for reasonable accommodation of their disabilities. If you have a disability requiring an accommodation, please contact:

Office of Student Disability Resources and Services, Texas A&M University-Commerce

Gee Library, Room 132

Phone (903) 886-5150 or -5835

Fax (903) 468-8148

[StudentDisabilityServices@tamuc.edu](mailto:StudentDisabilityServices@tamuc.edu)

## Course Policies

1. Students are expected to be in class on time, ready to participate.
2. Each tardy will result in a 15 point deduction from the final grade. Each absence will result in a 50 point deduction from the final grade. You must be in class every day. If you are more than 10 minutes late, you will be considered absent. Leaving before class is over is the same as arriving late.
3. An “excused absence” is defined as a documented university approved activity. The instructor reserves the right to change the content or format of all make-up work. The student is responsible for making up missed work.

If the absence is for one of the reasons listed below, you will be able to make up the work (within two business days or at the instructor’s convenience). To reserve this right, you **MUST** provide written documentation on the day of your return to class (a copy that I can keep). Please notify me ahead of time if you know you will be absent.

- Participation in an activity appearing on the University’s authorized activity list.
  - Death or major illness in a student’s immediate family.
  - Illness of a dependent family member
  - Participation in legal proceedings or administrative procedures that require a student’s presence.
  - Religious Holy Day
  - Illness that is too severe or contagious for the student to attend class (to be determined by Health Center or off campus physician)
  - Required participation in military duty
4. Any student missing an exam, test, or assignment without prior arrangement will receive a score of zero.
  5. YOU MUST be familiar with e-college; familiarize yourself with the online portion of this class.

6. You MUST check your e-mail (LEO) regularly in case I need to communicate with you. I will not e-mail you junk, and I request that you do the same for me.
  - While you are in class, I expect you to participate. That means that you should a) actively prepare by reading the assigned materials, b) TALK (ask and answer questions), c) bring your notes and textbook, d) bring your ideas, and e) refrain from anything that is not class-related during class (newspaper, reading for another class, text messages, etc). Students who choose to disrupt class by not participating will be asked to leave. **CELL PHONES AND ALL OTHER ELECTRONIC DEVICES MUST BE TURNED OFF AND OUT OF SIGHT.** This is a zero-tolerance policy. If you use a cell phone or other electronic device during class, you will lose **10 points per occurrence.**
7. **DUE DATES:** The due dates listed for assignments are the **LAST** chance to submit them. Please turn in your work early. I **DO NOT** accept late assignments.
8. If you have a question or concern, **TALK** to me. I am here to help. If you need to reach me and I am not in my office, e-mail me.
9. Academic dishonesty is unacceptable conduct and will not be tolerated in any form at Texas A&M University – Commerce. All persons involved in academic dishonesty will be disciplined in accordance with University regulations and procedures. Discipline may include losing points on an assignment, not receiving credit on an assignment, suspension from the class, or expulsion from the University.
10. The online component of this class is completely supplemental—that is, this is entirely a face to face course.

### **Professional attire**

- Athletic shoes, socks, and attire. No sandals. No denim. No profanities or advertising for alcohol, tobacco, or other unhealthy products. You should look like a fitness PROFESSIONAL!
- Dress to participate in the activity; you are! For some class days, more specific attire requirements will be provided.
- If you are not dressed appropriately, you will lose 10 points per day. If you are not dressed safely, you will not be allowed to participate and will be considered absent.

### **Extra Credit**

There **MAY** be opportunities for you to earn extra credit points. I will announce any opportunities in class. Do not ask if you can do something for extra credit that is not provided as an opportunity to the entire class. The answer will be “no.” The most points you can earn from any source of extra credit is 30.

## Course Schedule

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!! I WILL TELL YOU WHEN/IF IT DOES! Our activities are partly dependent on weather and facilities. If you miss class, be sure to talk to someone in the class to find out if there have been any changes to the meeting place, time, etc.

\*\*\*THIS SCHEDULE DOES NOT INCLUDE EVERY DETAIL OF WHAT WE WILL BE DOING EACH DAY. IT ONLY PROVIDES HIGHLIGHTS AND SOME OF THE DAILY ACTIVITIES.

NOTE: If no location is listed, we are meeting at the regular class meeting place.

Day	Date	Topic for the day	Due/in-class activity
T	6/7	Syllabus, intro to individual/group exercise instruction, cover contraindicated exercises and structure of workouts, intro to music	
W	6/8	Intro to personal training	STARTING TODAY: Daily, bring laptop/tablet if you have one OR print all handouts from e-college and bring them with you. You may NOT use your phone as your source of technology in class. Bring a notebook and writing utensil for taking notes and storing papers.
R	6/9	Continue personal training work; GUEST SPEAKER???	
T	6/14	Continue personal training work; GUEST SPEAKER???	
W	6/15	Personal training certification presentations (100); Personal training simulation (100)	Meet in 003, then move to Whitley 205
R	6/16	Written Test 1 (100); <b>Steve's class Boot Camp at 9am</b>	GE critique #1 due (25) Meet in 003, then move to Whitley 205
T	6/21	Intro to GE, step, and boot camp; Muscular strength and muscular endurance practical (20, 20)	Whitley 205
W	6/22	Warm-up, cool-down, stretching, and more; Yoga? Cross Fit?	GE critique #2 due (25) Whitley 205
R	6/23	Dance fitness and station work; Flexibility practical (20)	Whitley 205
T	6/28	Step and TBA workout; Step practical (20)	Whitley 205
W	6/29	TBA workout; Warm-up/cool down practical (20)	GE critique #3 due (25) Whitley 205
R	6/30	Prep for GE Leadership; Steve's class boot camp at 9 (group exercise leadership #1, 100)	Meet in 003, then move to Whitley 205
T	7/5	TBA, then Steve's class Zumba at 9	Meet in 003, then move to Whitley 205
W	7/6	Written Test 2 (100); Group exercise certification presentations (100)	GE critique #4 due (25) Whitley 205
R	7/7	Group exercise leadership #2 (100)	Whitley 205