

HHPS 317-Individual and Group Exercise Instruction Spring 2018

Instructor: Dr. Sandy Kimbrough

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Office: Field House 215

Office hours: By appointment, and TR 8:30-10:30, 1:45-2:15

Youtube: iluvgur

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Class Meeting Time/Place: TR 11-12:15 / Whitley 205 (unless otherwise noted on schedule)

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***

	<u>Percent/points</u>
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 simulations (2 x 50 pts each)	10% (100)
6. Group exercise leadership (2x100 pts each)	20% (200)
7. GE observation and critique (4x25 pts each)	10% (100)
8. "Other" (4x25 pts each)	10% (100)

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

Grading Scale

<u>Percent</u>	<u>Points</u>		
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

Course Policies

1. Students are expected to be in class on time, ready to participate.
2. Each absence will result in 30 points deduction from the final grade. Class begins at 11am. If you are not present and ready to begin the day’s activity by 11am, you will not attend class that day. Leaving before class is dismissed is the same as being absent.
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 or any other graded work 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.
7. 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 MUST NOT** distract you or anyone else.
8. **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.
9. 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.
10. 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.
11. 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 20 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 40.

Campus Concealed Carry

Texas Senate Bill - 11 (Government Code 411.2031, et al.) authorizes the carrying of a concealed handgun in Texas A&M University-Commerce buildings only by persons who have been issued and are in possession of a Texas License to Carry a Handgun. Qualified law enforcement officers or those who are otherwise authorized to carry a concealed handgun in the State of Texas are also permitted to do so. Pursuant to Penal Code (PC) 46.035 and A&M-Commerce Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. For a list of locations, please refer to (<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>) and/or consult your event organizer). Pursuant to PC 46.035, the open carrying of handguns is prohibited on all A&M-Commerce campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

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 location.

This schedule is tentative and is subject to change. I will let you know if the schedule changes!!

	Date	Topic for the Day	Due/in-class activity/other info	Specific handouts (may refer back to previous handouts as well)
T	1/16	Syllabus, intro to individual/group exercise instruction, intro to components of HRPF		
R	1/18	Discuss personal training; finish HRPF	STARTING TODAY: Print all handouts from e-college and bring them with you. Bring a notebook and writing utensil for taking notes and storing papers.	ACSM pre-participation screening form; Muscle Man Posterior View; Muscle Man Anterior View; Circuit interval fitness handout
T	1/23	Principles of exercise, anatomy, intro to music		GE Observation and Critique
R	1/25	Boot camp GEX workout		Lifts to KNOW!!!; Skill

				related fitness; Karvonen handout
T	1/30	Sequence of workouts, MS/E movements/muscles to know	Karvonen due at beginning of class ("other" #1, 25 points)	MS practical evaluation form; ME practical evaluation form; Study Questions for MS and ME;
R	2/1	ME GEX workout		Basic strength training guidelines, etc; Basic info on MS and ME
T	2/6	Step and TBA workout		STEP
R	2/8	Dance Fitness GEX workout	GE critique due (25)	Lesson plan you can use for dance fitness; Scoring Rubric for Certification Presentations
T	2/13	Warm-up, cool-down, stretching, and more	PT certification presentations materials due via email by 11:59pm	Flexibility
R	2/15	Personal training certification presentations (100)	FH 103	Personal Training Simulation
T	2/20	Step practical (20); Flexibility practical (20); Warm-up/cool down practical (20)	Other #2 due by 11:59pm	
R	2/22	Personal training simulation 1 (50)		
T	2/27	Written Test 1 (100)	FH 103; Music due via email for 3/6 and 3/8 teachers	
R	3/1	Prep for GEX leadership	GE critique due (25)	Sequence of a class; GE Grading
T	3/6	Group exercise leadership #1, (100)		
R	3/8	Group exercise leadership #1, (100)		
T	3/20	Muscular strength and muscular endurance practical (20, 20)	GE critique due (25); GEX certification presentations materials due via email by 11:59pm	
R	3/22	Group exercise certification presentations (100)	Group exercise certification presentations (100); FH 102	Cueing
T	3/27	PT issues: liability, etc.	FH 102	Cardio terminology
R	3/29	Dance fitness and station work	Other #3 due by 11:59pm	Elements of variation
T	4/3	Personal training simulation 2 (50)		
R	4/5	Prep for "copycat days"		
T	4/10	TBA	GE critique due (25); Music and link due for 4/17 leaders (via email)	
R	4/12	NO CLASS MEETING TODAY	Work on your upcoming choreo/test prep; Music and link due for 4/19 leaders (via email)	
T	4/17	Dance Fitness "copycat" day 1		

R	4/19	Dance Fitness “copycat” day 2	
T	4/24	Chair workout 😊	FH 102; Choreo due for 5/1 leaders (in dropbox); Music due via email
R	4/26	Written Test 2 (100)	FH 102; Choreo due for 5/3 leaders (in dropbox); Music due via email
T	5/1	Group exercise leadership #2 (100)	
R	5/3	Group exercise leadership #2 (100)	