

**HHPS 317-Group Exercise Instruction  
Fall 2021**

Instructor: Dr. Sandy Kimbrough  
Office: NHS 139  
Class Meeting Time: TR 11-12:15  
Phone (departmental): 903 886 5308

E-mail: [sandy.kimbrough@tamuc.edu](mailto:sandy.kimbrough@tamuc.edu)  
Instagram: DrKimbro  
Office hours: By app't, W 9-2

**Required text**

None. Students will access handouts and other resources via the online LMS (learning management system).

**Course Description**

Examination of the theoretical knowledge and practical skills in preparation for national certification in group exercise training. Participants will practically apply classroom knowledge during interactive teaching sessions for group exercise. Prerequisites: 2.5 GPA.

This course is designed to provide students with an overview of the educational concepts, performance techniques, program design, and leadership skills needed to teach group 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\*\*\***

	<b><u>Percent/points</u></b>
1. Exam 1	10% (100)
2. Exam 2	10% (100)
3. Practicals	
Step identification and technique	2.5% (25)
Muscular strength, flexibility, and muscular endurance	2.5% (25)
4. Certification presentation	10% (100)
6. Group exercise leadership (5x100 pts each)	50% (500)
7. GE observation and critique (4x25 pts each)	10% (100)
8. "Other" (2x25 pts each)	5% (50)

\*\*\*Information on all components of evaluation is provided online.

**Grading Scale**

<b>Percent</b>	<b>Points</b>		
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)

## **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

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

## **Counseling Center**

The Counseling Center at A&M-Commerce, located in the Halladay Building, Room 203, offers counseling services, educational programming, and connection to community resources for students. Students have 24/7 access to the Counseling Center's crisis assessment services by calling 903-886-5145. For more information regarding Counseling Center events and confidential services, please visit [www.tamuc.edu/counsel](http://www.tamuc.edu/counsel)

## **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 may not get credit for attending class and may not be able to attend class that day. Students arriving late MAY be permitted to enter and participate (instructor's decision). Leaving before class is dismissed is the same as being absent. These policies are in place to ensure SAFETY and to promote professionalism.
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 the online LMS; familiarize yourself with the online portion of this class.
6. You MUST check your TAMUC email 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 (not Keds, slides, cleats, sandals, Toms, etc), socks, and attire. No denim. No profanities or advertising for alcohol, tobacco, or other unhealthy products. No cleavage, no butt cheeks, no bellies, etc..... 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.

### **Academic Integrity**

Here is the university's policy on academic integrity/dishonesty. If students are academically dishonest in this course, I will file the appropriate academic dishonesty form with the Provost's office. The recommended penalty for the FIRST OFFENSE is an F in the course.

<https://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/undergraduates/13.99.99.R0.03UndergraduateAcademicDishonesty.pdf>

### **Course Schedule**

THIS SCHEDULE IS TENTATIVE AND MAY CHANGE!!! I WILL TELL YOU WHEN/IF IT DOES! 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.

### **CRUCIAL INFORMATION:**

- Each handout will be accompanied by a video of the same name (in D2L). Before you get to class, you need to watch the video with the handout “in hand” and take notes. We will spend VERY LITTLE time in class going over handouts, but you will need to know the information from the handouts and videos (see schedule).
- Class time will be 100% active; be prepared to WORK HARD.
- Exams will be in D2L to save time. On the day of an exam, you will be able to take the test at any time ON THE ASSIGNED DAY. Once you start, you will have 75 minutes to complete the exam.

### **IMPORTANT INFO:**

- Please check your university email DAILY to be aware of updates. I will not email you unless it's important.
- Connect with other classmates and keep each other up-to-date.
- Know how to use D2L WELL!
- Know how to post on YouTube! Know how to record yourself teaching with GOOD AUDIO and sound (so those watching can hear the music and hear you).
- Know how to make professional presentations digitally (consider screencastomatic, etc).

	<b>Date</b>	<b>Topic for the Day/in-class activity</b>	<b>Due dates/other info</b>	<b>Specific handouts and videos to watch BEFORE CLASS</b>
T	8/31	Syllabus, intro to GEX instruction, how this is going to work 😊		Circuit interval fitness handout
R	9/2	Tabata workout		Muscle Man Posterior View; Muscle Man Anterior View; GE Observation and Critique
T	9/7	Muscular fitness workout (interval style)		Sequence of a class
R	9/9	Dance fitness workout		Lifts to KNOW!!!; Skill related fitness; Karvonen handout
T	9/14	Step workout	GE critique due (25)	STEP; MS/ME/Flexibility/Step practical evaluation form
R	9/16	Step workout	Karvonen due at beginning of class (Other #1, 25 points); Music due via email and CHOREO due via dropbox (Teach 1)	Study Questions for MS and ME Basic strength training guidelines, etc; GE Grading
T	9/21	Teach #1 (Partner teach) (100)		Basic info on MS and ME
R	9/23	Station workout		Lesson plan you can use for dance fitness; Scoring Rubric for Certification Presentation
T	9/28	Step practical (25); Flexibility practical/MS/ME practical (25)		Flexibility, Cueing
R	9/30	NO LIVE MEETING	WRITTEN TEST MUST BE TAKEN TODAY (100)	
T	10/5	Certification presentations in class	CERTIFICATION PRESENTATIONS (file) DUE TO DR. K VIA EMAIL BY 11:59PM on 10/4	
R	10/7	Teach #2 (on the fly) (100)	GE critique due (25)	Cardio terminology
T	10/12	Prep for GEX leadership/STEP		
R	10/14	TBA	WRITTEN STEP CHOREO DUE BY 10/14 (11:59)	
T	10/19	Teach #3 (step) (100)		
R	10/21	Teach #3		
T	10/26	Legal issues/liability/TBA		
R	10/28	Dance fitness and station work		Elements of variation
T	11/2	Prep for teaching	GE critique due (25); Copycat link due (EMAIL) and music due (EMAIL)	
R	11/4	Teach #4 (100) (Copycat)	Other #2 due in D2L (25 points)	
T	11/9	Teach #4		
R	11/11	TBA/prep for teaching		
T	11/16	TBA/prep for teaching	GE critique due (25)	
R	11/18	TBA/prep for teaching	MUSIC DUE (Via email); CHOREO due (dropbox)	
T	11/23	Teach #5 (100)		
T	11/30	Teach #5		
R	12/2		NO LIVE CLASS; Test 2 must be taken today	
T	12/7	Last chance teach	Details TBA	
R	12/9	TBA		

