

## HHPS 317-Group Exercise Instruction Spring 2024

Instructor: Dr. Sandy Kimbrough

Office: NHS 113

Class Meeting Time: TR 2-3:15

Email response time: within 1 business day

Preferred method of communication: email or face-to-face

E-mail: [sandy.kimbrough@tamuc.edu](mailto:sandy.kimbrough@tamuc.edu)

Instagram: DrKimbro

Office hours: W 12:15-4:15, R 11-12, and by appointment

Class meeting place: NHS 164

### Course Information

#### 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

### COURSE REQUIREMENTS

You will be expected to use D2L, to use Microsoft Word and Microsoft Excel. You may also be required to use video software and upload to YouTube.

### Instructional Methods

Course will include lecture, handouts, reading, live discussion, and videos to supplement course material.

### Student Responsibilities or Tips for Success in the Course

#### 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).

**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.

## Grading

### 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)

## Assessments

<u>Evaluation***</u>	<u>Percent/points</u>
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.

## Other important information

### Course Policies

1. Students are expected to be in class on time, ready to participate.
2. Each absence will result in a 30 point deduction from the final grade. Class begins at 2pm. If you are not present and ready to begin the day’s activity by 2pm, 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, Crocs, 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.

**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.

	<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>
R	1/11	Syllabus, intro to GEX instruction, how this is going to work 😊		Circuit interval fitness handout

T	1/16	Tabata workout		Muscle Man Posterior View; Muscle Man Anterior View; GE Observation and Critique
R	1/18	Muscular fitness workout (interval style)		Sequence of a class
T	1/23	Dance fitness workout		Lifts to KNOW!!!; Skill related fitness; Karvonen handout
R	1/25	Step workout	GE critique due (25)	STEP; MS/ME/Flexibility/Step practical evaluation form
T	1/30	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
R	2/1	Teach #1 (Partner teach) (100)		Basic info on MS and ME
T	2/6	Station workout and legal issues/liability		Lesson plan you can use for dance fitness; Scoring Rubric for Certification Presentation
R	2/8	Step practical (25); Flexibility practical/MS/ME practical (25)		Flexibility, Cueing
T	2/13	Teach #2 (on the fly) (100)	CERTIFICATION PRESENTATIONS (file) DUE TO DR. K VIA EMAIL BY 9PM on 2/14	
R	2/15	Certification presentations in class		
T	2/20	Written Test #1 (100)	GE critique due (25)	
R	2/22	Prep for GEX leadership/ STEP	WRITTEN STEP CHOREO DUE via dropbox BY 2/23 (11:59)	Cardio terminology
T	2/27	Teach #3 (step) (100)		Elements of variation
R	2/29	Teach #3		
T	3/5	TBA		
R	3/7	Dance fitness and station work		
T	3/19	Prep for teaching	GE critique due (25); Copycat link due (EMAIL) and music due (EMAIL)	
R	3/21	Teach #4 (100) (Copycat)	Other #2 due in D2L (25 points)	
T	3/26	Teach #4		
R	3/28	TBA/prep for teaching		
T	4/2	TBA/prep for teaching	GE critique due (25)	
R	4/4	TBA/prep for teaching	MUSIC DUE (Via email); CHOREO due (dropbox)	
T	4/9	Teach #5 (100)		
R	4/11	Teach #5		
T	4/16	TBA		
R	4/18	Last chance teach	Details TBA	
T	4/23	Exam #2		
R	4/25	TBA		
T	4/30	TBA		

\*\*\*\*\*It is possible that we will do some group exercise instruction outside of regular class time, which MAY decrease the number of hours we will meet in class.

## **TECHNOLOGY REQUIREMENTS**

### **LMS**

All course sections offered by Texas A&M University-Commerce have a corresponding course shell in the myLeo Online Learning Management System (LMS). Below are technical requirements

LMS Requirements:

<https://community.brightspace.com/s/article/Brightspace-Platform-Requirements>

LMS Browser Support:

[https://documentation.brightspace.com/EN/brightspace/requirements/all/browser\\_support.htm](https://documentation.brightspace.com/EN/brightspace/requirements/all/browser_support.htm)

## **ACCESS AND NAVIGATION**

You will need your campus-wide ID (CWID) and password to log into the course. If you do not know your CWID or have forgotten your password, contact the Center for IT Excellence (CITE) at 903.468.6000 or [helpdesk@tamuc.edu](mailto:helpdesk@tamuc.edu).

**Note:** Personal computer and internet connection problems do not excuse the requirement to complete all course work in a timely and satisfactory manner. Each student needs to have a backup method to deal with these inevitable problems. These methods might include the availability of a backup PC at home or work, the temporary use of a computer at a friend's home, the local library, office service companies, Starbucks, a TAMUC campus open computer lab, etc.

## **COMMUNICATION AND SUPPORT**

If you have any questions or are having difficulties with the course material, please contact your Instructor.

### **Technical Support**

If you are having technical difficulty with any part of Brightspace, please contact Brightspace Technical Support at 1-877-325-7778. Other support options can be found here:

<https://community.brightspace.com/support/s/contactsupport>

## ***COURSE AND UNIVERSITY PROCEDURES/POLICIES***

### **Syllabus Change Policy**

The syllabus is a guide. Circumstances and events, such as student progress, may make it necessary for the instructor to modify the syllabus during the semester. Any changes made to the syllabus will be announced in advance.

## University Specific Procedures

### Student Conduct

All students enrolled at the University shall follow the tenets of common decency and acceptable behavior conducive to a positive learning environment. The Code of Student Conduct is described in detail in the [Student Guidebook](#).

<http://www.tamuc.edu/Admissions/oneStopShop/undergraduateAdmissions/studentGuidebook.aspx>

Students should also consult the Rules of Netiquette for more information regarding how to interact with students in an online forum: <https://www.britannica.com/topic/netiquette>

### TAMUC Attendance

For more information about the attendance policy please visit the [Attendance](#) webpage and [Procedure 13.99.99.R0.01](#).

<http://www.tamuc.edu/admissions/registrar/generalInformation/attendance.aspx>

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/13students/academic/13.99.99.R0.01.pdf>

### Academic Integrity

Students at Texas A&M University-Commerce are expected to maintain high standards of integrity and honesty in all of their scholastic work. For more details and the definition of academic dishonesty see the following procedures:

[Undergraduate Academic Dishonesty 13.99.99.R0.03](#)

[Undergraduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/documents/13.99.99.R0.03UndergraduateStudentAcademicDishonestyForm.pdf>

[Graduate Student Academic Dishonesty Form](#)

<http://www.tamuc.edu/academics/graduateschool/faculty/GraduateStudentAcademicDishonestyFormold.pdf>

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

### Students with Disabilities-- ADA Statement

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

Velma K. Waters Library Rm 162  
Phone (903) 886-5150 or (903) 886-5835  
Fax (903) 468-8148

Email: [studentdisabilityservices@tamuc.edu](mailto:studentdisabilityservices@tamuc.edu)

Website: [Office of Student Disability Resources and Services](#)

<http://www.tamuc.edu/campusLife/campusServices/studentDisabilityResourcesAndServices/>

## **Nondiscrimination Notice**

Texas A&M University-Commerce will comply in the classroom, and in online courses, with all federal and state laws prohibiting discrimination and related retaliation on the basis of race, color, religion, sex, national origin, disability, age, genetic information or veteran status. Further, an environment free from discrimination on the basis of sexual orientation, gender identity, or gender expression will be maintained.

## **Campus Concealed Carry Statement**

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 the [Carrying Concealed Handguns On Campus](#) document and/or consult your event organizer.

Web url:

<http://www.tamuc.edu/aboutUs/policiesProceduresStandardsStatements/rulesProcedures/34SafetyOfEmployeesAndStudents/34.06.02.R1.pdf>

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.

## **A&M-Commerce Supports Students' Mental Health**

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)

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Texas A&M University-Commerce acknowledges that there are legitimate uses of Artificial Intelligence, ChatBots, or other software that has the capacity to generate text, or suggest replacements for text beyond individual words, as determined by the instructor of the course.

Any use of such software must be documented. Any undocumented use of such software constitutes an instance of academic dishonesty (plagiarism).

Individual instructors may disallow entirely the use of such software for individual assignments or for the entire course. Students should be aware of such requirements and follow their instructors' guidelines. If no instructions are provided the student should assume that the use of such software is disallowed.

In any case, students are fully responsible for the content of any assignment they submit, regardless of whether they used an AI, in any way. This specifically includes cases in which the AI plagiarized another text or misrepresented sources.

13.99.99.R0.03 Undergraduate Academic Dishonesty

13.99.99.R0.10 Graduate Student Academic Dishonesty