

HHPS 317 Group Exercise Instruction, Spring 2026

Instructor: Dr. Sandy Kimbrough
Office: NHS 140
Class Meeting Time: TR 2:00-3:15
Email response time: within 1 business day
Preferred method of communication: email or face-to-face

E-mail: sandy.kimbrough@etamu.edu
Instagram: DrKimbrow
Class meeting place: NHS 164
Office hours: W 3-5; R 10-11, 1-2

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

Prerequisites: Junior or senior classification, instructor approval, and 2.5 overall GPA.

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.

Attire/Hygiene, etc

- Please be courteous to your classmates by maintaining appropriate levels of personal hygiene.
- Wear non-marking closed-toe shoes that are appropriate for the type of movement.
- Torsos must be covered unless otherwise specified. Specific guidelines for clothing may be given, dependent on what type of movement is being done.
- Do not wear jewelry that might catch on hair, clothing, or other jewelry.
- Bring water to drink in a sealed container. No phone use during class.
- 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.
- No profanities or advertising for alcohol, tobacco, or other unhealthy products.

Evaluation

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>Percent/points</u>
1. Exam 1	5% (50)
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	5% (50)
5. Entire class group exercise leadership	5% (50)
6. Group exercise leadership (5x100 pts each)	50% (500)
7. GE observation and critique (2x25 pts each)	5% (50)
8. "Other" (2x25 pts each)	5% (50)
9. Quizzes (10 x 10 points each)	10% (100)

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

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.

	Date	Topic for the Day/in-class activity	Due dates/other info	Specific handouts and videos to watch BEFORE CLASS
T	1/13	Syllabus, intro to GEX instruction, how this is going to work 😊		Circuit interval fitness handout
	1/15	Tabata workout		Muscle Man Posterior View; Muscle Man Anterior View
T	1/20	Muscular fitness workout (interval style)		Sequence of a class; GE Observation and Critique
R	1/22	Dance fitness workout		Lifts to KNOW!!!; Skill related fitness; Karvonen handout
T	1/27	Step workout	GE critique due (25)	STEP; MS/ME/Flexibility/Step practical evaluation form
R	1/29	Step workout	Karvonen due at beginning of class (Other #1, 25 points);	GE Grading
T	2/3	TBD	Music due via email and CHOREO due via dropbox (Teach 1)	

R	2/5	Teach #1 (Partner teach) (100) workout and legal issues/liability		Basic info on MS and ME; Study Questions for MS and ME Basic strength training guidelines, etc;
T	2/10	Step practical (25); Flexibility practical/MS/ME practical (25)		Lesson plan you can use for dance fitness; Scoring Rubric for Certification Presentation
R	2/12	Teach #2 (on the fly) (100)	CERTIFICATION PRESENTATIONS (file) DUE TO DR. K VIA EMAIL BY 9PM on 2/10	
T	2/17	Certification presentations		Flexibility, Cueing
R	2/19	Written Test #1 (50)	GE critique due (25)	
T	2/24	Prep for GEX leadership/ STEP	WRITTEN STEP CHOREO DUE via dropbox BY 2/25 (11:59)	Cardio terminology
R	2/26	Teach #3 (step) (100)		Elements of variation
T	3/3	TBD		
R	3/5	TBD (Maybe step teach)		
T	3/17	Dance fitness and station work		
R	3/19	Prep for teaching	Copycat link due (EMAIL) and music due (EMAIL)	
T	.08	Teach #4 (100) (Copycat)	Other #2 due in D2L (25 points)	
R	3/26	Teach #4		
T	3/31	TBA/prep for teaching		
R	4/2	TBA/prep for teaching		
T	4/7	TBA/prep for teaching	MUSIC DUE (Via email); CHOREO due (dropbox)	
R	4/9	Teach #5 (100)		
T	4/14	Teach #5		
R	4/16	TBD		
T	4/21	Last chance teach	Details TBA	
R	4/23	Prep for Entire class group exercise leadership		
T	4/28	TBD		
R	4/30	Entire class group exercise leadership (50)		

Class 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 the time listed in the course schedule. If you are not present and ready to begin the day's activity by that time, 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 ETAMU 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/handouts, 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 ETAMU. 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.

Academic Integrity/PLAGIARISM

- Students at ETAMU 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 student catalog.
- The handouts used in this course are copyrighted. By "handouts," I mean all materials generated for this class, which include but are not limited to syllabi, quizzes, exams, lab problems, in-class materials, review sheets, and additional problem sets. Because these materials are copyrighted, you do not have the right to copy the handouts, unless I expressly grant permission.
- As commonly defined, plagiarism consists of passing off as one's own the ideas, words, writings, etc., which belong to another. In accordance with this definition, you are committing plagiarism if you copy the work of another person and turn it is as your own, even if you should have the permission of that person. Plagiarism is one of the worst academic sins, for the plagiarist destroys the trust among colleagues without which research cannot be safely communicated.
- If you have any questions regarding plagiarism, please consult me. If you plagiarize in my class, you will automatically receive a grade of "F" and disciplinary action will be sought.
- ETAMU 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)

CRUCIAL INFORMATION:

- CHECK YOUR EMAIL for critical updates from me about any changes to our schedule.
- BEFORE you come to class each day, I HIGHLY recommend that you have prepared for class by reviewing information already covered and looking ahead at any information/videos/handouts that have been provided. as well. Please email me by 8/27 with your favorite type of candy.
- Class time will be 100% active; be prepared to WORK HARD.
- Know how to use D2L WELL!

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). I have zero tolerance for disrespect for the learning environment or other human beings, present or not. Included in disrespect for others is the use of any tobacco product, any type of cigarette, or distracting use of cell phones in class. If you do any of the items listed above, I will ask you to leave class.

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](#). 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>

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

ETAMU, Velma K. Waters Library Rm 162

Phone (903) 886-5150 or (903) 886-5835

Email: studentdisabilityservices@etamu.edu

Fax (903) 468-8148

Website: <https://www.etamu.edu/student-disability-services/>

Nondiscrimination Notice

ETAMU 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 ETAMU 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 ETAMU Rule 34.06.02.R1, license holders may not carry a concealed handgun in restricted locations. Pursuant to PC 46.035, the open carrying of handguns is prohibited on all ETAMU campuses. Report violations to the University Police Department at 903-886-5868 or 9-1-1.

ETAMU Supports Students' Mental Health

The Counseling Center at ETAMU, 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.etamu.edu/counsel

AI

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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
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Mental Health and Well-Being

The university aims to provide students with essential knowledge and tools to understand and support mental health. As part of our commitment to your well-being, we offer access to Telus Health, a service available 24/7/365 via chat, phone, or webinar. Scan the QR code to download the app and explore the resources available to you for guidance and support whenever you need it.

