

Florida Atlantic University
College of Education
Department of Exercise Science & Health Promotion
Summer 2009

Course: PEP 3192-Exercise Leadership I
Instructor: Anita D'Angelo-Herold, M.Ed.
Office: Boca Raton Campus, Gymnasium – Rm. 152
Office Hours: T – R 11:00 – 12:00 PM (or by appointment)
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Office Phone: 561 – 297 – 3752
Class: T – R 8:00 – 11:10 AM

Course Description: Principles and methods of exercise leadership. This includes exercise programming and participation, teaching methods, technique evaluation, supervision, and leadership for various types of group aerobic exercise programs including aquatic exercise.

Course Prerequisites: General Psychology, HSC 2100 or equivalent; **Co requisite:** Exercise Physiology

Text: Kennedy, C.A. & Yoke, M.M. (2009). Methods of Group Exercise Instruction, Champaign, IL: Human Kinetics. ISBN 978-0-7360-7526-8

Course Objectives:

The student will be able to:

1. Demonstrate an understanding of the aerobic energy system and identify normal physiological responses to aerobic exercise training.
2. Demonstrate knowledge and acquire practice in the skills that are required for participation in aerobic exercise activities.
3. Gain a basic understanding of safe and proper aerobic conditioning techniques and programs.
4. Demonstrate an ability to teach exercise to diverse populations in both a group exercise and individual exercise situation.
5. Demonstrate an ability to organize and deliver group exercise programming.
6. Demonstrate and lead various types of group exercise including but not limited to low-impact, bench stepping, rhythmic aerobics, and water aerobics.

Course Content:

Introduction to aerobic exercise
Basic scientific foundations for aerobic exercise programs
Practice and participation in aerobic activity: low impact aerobics, high/low impact aerobics, step aerobics, water aerobics, and miscellaneous activities such as individual workout activities
Organizing exercise sessions including attention to warm-up, core activity and cool down; practice in exercise leadership and organizing exercise sessions
Group exercise leadership: low-impact, step, water aerobics, and other rhythmic aerobics
Exercise for the older adult
Exercise for special populations and children
Special exercise concerns, safety and prevention of injuries

Course Requirements:

Attendance and Participation: Please be responsible to make it to class. Four points will be deducted for each absence after you have missed two class periods. Lateness (10 minutes) will result

in a two-point reduction for the day. Excessive lateness (30 minutes) will result in a 3 point deduction. If you know in advance that you will be absent, all work due is to be submitted prior to your departure. If you miss an exam, arrangements to make-up the exam must be made before you are absent. Make-up exams are given only if the absence has been excused. Excused absences are those where absence is due to a verifiable medical problem, school sponsored travel or other approved school related activity, or an emergency which we have discussed and I have excused. Any absence notes should be turned in by the next class meeting you attend. Documentation must be turned in a week before the last class meeting.

Note: In accordance with university policy, all cell phones and beepers must be turned off during class. If your cell phone is on or in use, there will be a deduction in participation points. Also, chewing gum will not be permitted during the activity portion of class.

Lab Activities: Each student will be required to complete various lab activities to enhance your learning experience. Lab activities can only be made up if the absence is excused. Late labs will have a one point deduction for each day they are late.

Lesson Plan: One lesson plan will be completed during the semester. The format for the lesson plan will be given in class. The lesson plan must be typed and double spaced.

Teaching Assignments: Each student will be responsible for four teaching assignments during the semester. The first will be a stretching activity, which will require you to explain a given stretch properly as well as correct alignment. The second assignment will be to lead a small section of an aerobic class. The third assignment will be to lead the class through one/two stretches using the mirror technique. The fourth assignment will be to teach 5 minutes of an aerobic class. Details for all assignments will be given in class.

Failure to teach on the assigned day will result in a two-point deduction for the mini teaches and a five-point deduction for the final teaching assignment.

Aerobic Workout: Each student will plan a progressive walk, walk/jog, jog workout. A typed copy of the plan will be submitted for grading. Details will be given in class.

NOTE: All late work will receive a one-point deduction for each day that it is late.

In compliance with the Americans with Disabilities Act (ADA), students who require special accommodations due to a disability to properly execute coursework must register with the Office for Students with Disabilities (OSD) located in Boca Raton - SU 133 (561-297-3880), in Davie - MOD I (954-236-1222), in Jupiter - SR 117 (561-799-8585), or at the Treasure Coast - CO 128 (772-873-3305), and follow all OSD procedures.

Students at Florida Atlantic University are expected to maintain the highest ethical standards. Academic dishonesty, including cheating and plagiarism, is considered a serious breach of these ethical standards, because it interferes with the University mission to provide a high quality education in which no student enjoys an unfair advantage over any other. Academic dishonesty is also destructive of the University community, which is grounded in a system of mutual trust and places high value on personal integrity and individual responsibility. Harsh penalties are associated with academic dishonesty. For more information, see http://www.fau.edu/regulations/chapter4/4.001_Honor_Code.pdf.

Evaluation:	Lab activities	15
	Attendance/participation	20
	Stretch-teach	5
	Stretch-mirror teach	10
	Mini teach	10
	Teaching/lesson plan	20
	Aerobic Workout	20
	Exam 1	50
	Final Exam	<u>50</u>
	Total	200

Grading	A = 94-100	C = 73-76.99
	A- = 90-93.99	C- = 70-72.99
	B+ = 87-89.99	D+ = 67-69.99
	B = 83-86.99	D = 63-66.99
	B- = 80-82.99	D- = 60-62.99
	C+ = 77-79.99	F = <60

Course Schedule (subject to change)

6/23	Introduction & forms, Fitness – Ch. 1 – Group Exercise, Ch. 2 – Evolution of Fitness
6/25	Aerobic training, Ch. 3-Core concepts class design, Ch. 4-Music, Fundamental choreography and cueing methods, Low impact Aerobics
6/30	Aerobic training, Ch. 5-Warm-up and Stretching principles, Low impact aerobics, Lab 1 due
7/2	Aerobic training, Ch. 6 – Cardiorespiratory Training, Flexibility Training, Low Impact Aerobics, Lab 2
7/7	Aerobic training, Ch. 7-Muscular Conditioning & Flexibility training, Step training Review, Lab 3, Stretch Test
7/9	Test #1 , Step training
7/14	Aerobic training Ch. 8-Step training, Ch. 9-Kickboxing, Kickboxing, Lab 4
7/16	Aerobic training, Ch.10-Sports conditioning, Ch. 11-Indoor cycling, Low Impact Aerobics, Mirror Stretch teach, Lab 5
7/21	Aerobic training Ch. 12-Water exercise, Ch. 13-Yoga, Aerobic Mini teach
7/23	Aerobic training, Ch. 14-Pilates, Ch. 15-Customizing Group exercise, Aqua exercise
7/28	Aerobic Teaches, Review
7/30	Final Exam , Aerobic Teaches