

MESABI RANGE COMMUNITY & TECHNICAL COLLEGE – VIRGINIA/EVELETH

Course Outline

Course Title: Group and Individual Exercise Instruction Submitted By: Tom Stackpool
Semester Course Prefix and Number: PHED 2418 Approval Date: November 2005

Old Quarter Course Prefix and Number: None Revision Date:

Number of Credits: 3 Number of Lecture Credits: 3
Semester(s) Offered: Number of Lab Credits: Number of Lab Hours: 0
Class Size: 30 Number of Studio/Demonstration/Internship Credits:
Negotiated by AASC on
(Date)_____

Course Purpose Code:

- _____ 0 – Developmental Courses
- _____ 1 – Non-transferable, General Education
- _____ 2 – Technical course related to career programs
- _____ 3 – College course which has the primary goal of applying certain concepts (e.g. vocal ensemble)
- X 4 – Other college course not considered a part of general education (MNTC) e.g. computer science, health, physical education
- _____ 5 – Course which is intended to fulfill the Minnesota Transfer Curriculum (MNTC) requirements.
- _____ 9 – Continuing Education/Customized Training specialized credit course (not occurring in 0-5)

Catalog Description:

The course covers the advanced theory and professional practice of exercise leadership, design of group and individual exercise sessions, supervision of participants, and modification of exercise prescriptions. It includes techniques of exercise adherence and practicum experience with cardiovascular and resistance programs.

Prerequisites and/or recommended entry skills/knowledge:

Course Prerequisite(s): PHED 2415 Intro to Exercise Science PHED 2417 Exercise and Fitness Assessment
Reading Prerequisite: None
Composition Prerequisite: None
Mathematics Prerequisite: None

Career Programs and Transfer Majors Accessing this Course:

Exercise Science Major/Minor, Physical Education major, Coaching certification, Fitness Center Management, Corporate Fitness Director, Personal Trainer, Exercise Program Director, Exercise Specialist, Health Club Manager, Health/Fitness Instructor, Fitness Program Coordinator

Minnesota Transfer Curriculum Goal(s) partially met by this course if applicable: Notes: No more than two goals may be met by any one course. (Curriculum Committee review and the Chief Academic Officer's approval are required).

- 0. X None
- 1. _____ Communications
- 2. _____ Critical Thinking
- 3. _____ Natural Sciences
- 4. _____ Mathematical/Logical Reasoning
- 5. _____ History and the Social and Behavioral Sciences
- 6. _____ The Humanities and Fine Arts
- 7. _____ Human Diversity
- 8. _____ Global Perspectives
- 9. _____ Ethical and Civic Responsibility
- 10. _____ People and the Environment

Learning outcomes, including any relevant competencies listed in the Minnesota Transfer Curriculum:

1. Identify fitness components and effective ways to teach them.
2. Demonstrate proper weight training techniques.
3. Demonstrate the ability to analyze fitness training techniques and make corrections.
4. Explain the relationship of goal setting and fitness improvement.
5. Discuss how to develop, organize and plan a group fitness activity.
6. Create personal fitness training programs for various populations.
7. Demonstrate the ability to lead an aerobic fitness workout.
8. Create, modify, and adjust individual fitness programs.

Student assessment methods:

1. Exams & Quizzes
2. Written assignments
3. Student-conducted testing project/presentation/paper
4. Demonstration of various fitness, performance, and skill tests

Outline of the major course content:

Principles of Group Exercise Instruction
Guidelines for Group Exercise Class Segments
Cardiorespiratory Endurance Training
Muscle Fitness Conditioning
Flexibility Training
Teaching Skills

Additional special information (special fees, directives on hazardous materials, etc.)

Transfer Information: (Please list colleges/majors that accept this course in transfer.)

Bemidji State University – **Exercise Science Major/Minor**

Pending: Minnesota State Moorhead – **Exercise Science Major**

Pending: St. Cloud State University – **Physical Education and Sport Science Major**

Pending: UM Duluth – **Exercise Science Major**

Pending: UW Superior – **Human Performance Major**

Approvals:

Body	Representative Signatures	Date
Curriculum Committee		
Faculty Association		
Academic Affairs Standards Committee		
Chief Academic Officer		

Distribution: Original – Administrative Office