Course Title: Group and Individual Exercise Instruction
Submitted By: Tom Stackpool
Approval Date: November 2005

Number of Credits: 3
Semester(s) Offered: Old Quarter
Class Size: 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)
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:

<table>
<thead>
<tr>
<th>Body</th>
<th>Representative Signatures</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>Curriculum Committee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Faculty Association</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Academic Affairs Standards Committee</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Chief Academic Officer</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Distribution: Original – Administrative Office