

**George Mason University**  
**College of Education and Human Development**  
Kinesiology  
KINE 200 – Methods of Exercise Instruction  
Credits 3  
Fall 2019

**Faculty**

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**Prerequisites/Co-requisites**

BIOL 125 and 125; ATEP 300, KINE 310

**University Catalog Course Description**

Provides conceptual and practical introduction to performing common exercises with proper technique utilizing free weights, resistance training machines, cardiovascular equipment, body weight and other fitness techniques. Develops exercise leadership skills through the communication, instruction and demonstration of cardiovascular, resistance and flexibility exercises.

**Course Overview**

The course will teach students common exercises prescribed in a fitness setting and how to perform these exercises correctly. The students will also learn the best way to teach these exercises in both one on one and group formats. The goal for this class is not only for students to learn how to exercise themselves but to begin to develop their leadership skills in an exercise setting.

**Course Delivery Method**

This course will be delivered using a lecture and lab format.

**Learner Outcomes or Objectives**

This course is designed to enable students to do the following:

1. Practice correct technique for common exercises prescribed to improve the components of fitness.
2. Identify different types of learners and apply various teaching strategies appropriately.
3. Demonstrate ability to teach correct exercise techniques in 1:1 and group settings.
4. Demonstrate appropriate spotting and assistance techniques.
5. Use appropriate strategies to provide feedback to individuals and groups
6. Demonstrate and teach exercise modifications that will accommodate various fitness levels, physical conditions, and body size
7. Demonstrate effective communication with exercise participants using both verbal and nonverbal methods.
8. Demonstrate the ability to set up and lead an exercise session in both one on one and group settings.

## **Professional Standards**

Upon completion of this course, students will have met the following professional standards: The Commission on Accreditation of Allied Health Education Programs (CAAHEP) requirements and covers the following American College of Sports Medicine's Knowledge-Skills-Abilities (KSA's):

<b>KSA</b>	<b>Description</b>
	<b>GENERAL POPULATION/CORE: HEALTH APPRAISAL, FITNESS AND CLINICAL EXERCISE TESTING</b>
1.3.1	Knowledge of and ability to discuss the physiological basis of the major components of physical fitness: flexibility, cardiovascular fitness, muscular strength, muscular endurance, and body composition.
1.3.5	Knowledge of relative and absolute contraindications to exercise testing or participation.
	<b>GENERAL POPULATION/CORE EXERCISE PRESCRIPTION AND PROGRAMMING</b>
1.7.1	Knowledge of the relationship between the number of repetitions, intensity, number of sets, and rest with regard to strength training.
1.7.2	Knowledge of the benefits and precautions associated with exercise training in apparently healthy and controlled disease.
1.7.11	Knowledge of and the ability to describe exercises designed to enhance muscular strength and/or endurance of specific major muscle groups.
1.7.13	Knowledge of the various types of interval, continuous, and circuit training programs.
1.7.15	Knowledge of the components incorporated into an exercise session and the proper sequence (i.e., pre-exercise evaluation, warm-up, aerobic stimulus phase, cool-down, muscular strength and/or endurance, and flexibility).
1.7.17	Knowledge of the importance of recording exercise sessions and performing periodic evaluations to assess changes in fitness status.
1.7.18	Knowledge of the advantages and disadvantages of implementation of interval, continuous, and circuit training programs.
1.7.24	Skill in the use of various methods for establishing and monitoring levels of exercise intensity, including heart rate, RPE, and oxygen cost.
1.7.43	Ability to evaluate flexibility and prescribe appropriate flexibility exercises for all major muscle groups.

## **Recommended Texts**

Resistance Training Instruction 2nd Edition (2007). Aaberg, E. 2<sup>nd</sup> Edition, Human Kinetics, Champaign, IL.

Methods of Group Exercise Instruction, 3<sup>rd</sup> Edition (2014). Kennedy-Armbruster, C. & Yoke, M. 3<sup>rd</sup> Edition, Human Kinetics, Champaign, IL.

## **Course Performance Evaluation**

Students are expected to submit all assignments on time in the manner outlined by the instructor (e.g., Blackboard, Tk20, hard copy).

## **Evaluation**

<b>Evaluation Type</b>	<b>Points</b>	<b>Total</b>
Attendance, Participation, Professionalism	50	50
Fitness Observation	40	40
Fitness Trend Assignment	30	30
Class Demonstrations (6)	40	240
Quizzes (4)	20	80
Practical Exam (2)	100	200
		640

### **Description of Evaluation**

#### **Attendance, Participation, & Professionalism**

Your attendance, participation and professionalism in class will be recorded. If a significant number of classes are missed points will be deducted. Professionalism and participation points are earned by being prepared for class (i.e. dressing in active wear); being respectful during student demonstrations and activities; and participating fully in these activities.

**Fitness Observations:** You will be required to attend a group fitness class either at Mason or another fitness center. You will be required to fill out a form and have the instructor sign it, as well as write a short journal article evaluating the instructor on points covered in class which will be provided in a rubric on Blackboard. (ex: Feedback type used, teaching style used, safety considerations, etc.)

**Fitness Trend Assignment:** You will be required to bring in an example of a current fitness trend. This should include a description of the equipment needed and a summary of what a workout would consist of. Be prepared to discuss this during class.

**Class Demonstrations:** During the group fitness portion of the class you will be required to demonstrate a small piece of choreography for the class format we are covering that week. You are expected to be prepared and act in a professional manner. More details will be given on these assignments prior to their due date.

#### **Quizzes**

Quizzes will be multiple choice, T/F, short answer format and given periodically throughout the semester.

**Practical Exams:** 2 practical exams will be given. One at midterm, and then at the end of the semester. The practical exam will assess your ability to effectively perform, demonstrate and instruct exercises being covered in the class. Format and a rubric for points needing to be included in the demonstration will be provided prior to the exam date.

### **Grading Scale**

<b>A</b>	<b>4.0</b>	<b>=</b>	<b>93.0 &amp; above</b>
<b>A-</b>	<b>3.7</b>	<b>=</b>	<b>90.0 – 92.9%</b>
<b>B+</b>	<b>3.3</b>	<b>=</b>	<b>87.0 – 89.9%</b>
<b>B</b>	<b>3.0</b>	<b>=</b>	<b>83.0 – 86.9%</b>
<b>B-</b>	<b>2.7</b>	<b>=</b>	<b>80.0 – 82.9%</b>
<b>C+</b>	<b>2.3</b>	<b>=</b>	<b>77.0 – 79.9%</b>
<b>C</b>	<b>2.0</b>	<b>=</b>	<b>73.0 – 76.9%</b>
<b>C-</b>	<b>1.7</b>	<b>=</b>	<b>70.0 – 72.9%</b>
<b>D</b>	<b>1.0</b>	<b>=</b>	<b>60.0 – 69.9%</b>
<b>F</b>	<b>0.0</b>	<b>=</b>	<b>0.0 – 59.9%</b>

Note: \* Although a B- is a satisfactory grade for a course, students must maintain a 3.00 average in their degree program and present a 3.00 GPA on the courses listed on the graduation application.

### **Professional Dispositions**

Students are expected to exhibit professional behaviors and dispositions at all times. Since this course requires significant active participation, students must be dressed in appropriate fitness wear during some class sessions.

**Attendance** – Show up on time to class and pay attention. If you cannot attend a class for a legitimate reason, please notify the instructor ahead of time. If you have to unexpectedly miss a class due to something out of your control, contact the instructor within 24 hours to notify them what happened and to see if there is anything you need to do to make up your absence.

**Participation** – Participate in class discussions and activities. Demonstrate that you have an interest in the subject matter.

**Attendance and Participation Evaluation:** Attendance will be documented for all classes.

**Communication** – When communicating with the instructor and classmates, either face-to-face or via the assigned George Mason University email address, students should address the other person appropriately, use appropriate language and maintain a pleasant demeanor.

**Responsibility/Accountability** – Professionals take responsibility for their actions and are accountable. This can occur at multiple levels but generally consists of completing assignments on time, submitting work that is of the appropriate quality, honoring commitments and owning up to mistakes.

**Honesty/Integrity** – Students are expected to be honest with the instructor, classmates and themselves. Professionals keep their word when committing to something and act in an ethical manner.

**Self-Improvement/Self-awareness** – One should be aware of their strengths/weaknesses and constantly seek to improve. Professionals regularly seek out opportunities to increase their knowledge and improve their current skill set.

**Communication, Responsibility/Accountability, Honesty/Integrity, and Self-Improvement/Self-awareness Evaluation:** Violations will be documented and student will be notified. Each violation will result in the loss of 1 point from final grade

### **Core Values Commitment**

The College of Education and Human Development is committed to collaboration, ethical leadership, innovation, research-based practice, and social justice. Students are expected to adhere to these principles: <http://cehd.gmu.edu/values/>.

## **GMU Policies and Resources for Students**

### *Policies*

- Students must adhere to the guidelines of the Mason Honor Code (see <http://oai.gmu.edu/the-mason-honor-code/>).
- Students must follow the university policy for Responsible Use of Computing (see <http://universitypolicy.gmu.edu/policies/responsible-use-of-computing/>).
- Students are responsible for the content of university communications sent to their Mason email account and are required to activate their account and check it regularly. All communication from the university, college, school, and program will be sent to students **solely** through their Mason email account.
- Students with disabilities who seek accommodations in a course must be registered with George Mason University Disability Services. Approved accommodations will begin at the time the written letter from Disability Services is received by the instructor (see <http://ods.gmu.edu/>).
- Students must follow the university policy stating that all sound emitting devices shall be silenced during class unless otherwise authorized by the instructor.

### *Campus Resources*

- Support for submission of assignments to Tk20 should be directed to [tk20help@gmu.edu](mailto:tk20help@gmu.edu) or <https://cehd.gmu.edu/aero/tk20>. Questions or concerns regarding use of Blackboard should be directed to <http://coursesupport.gmu.edu/>.
- The Writing Center provides a variety of resources and services (e.g., tutoring, workshops, writing guides, handbooks) intended to support students as they work to construct and share knowledge through writing (see <http://writingcenter.gmu.edu/>).
- The Counseling and Psychological Services (CAPS) staff consists of professional counseling and clinical psychologists, social workers, and counselors who offer a wide range of services (e.g., individual and group counseling, workshops and outreach programs) to enhance students' personal experience and academic performance (see <http://caps.gmu.edu/>).
- The Student Support & Advocacy Center staff helps students develop and maintain healthy lifestyles through confidential one-on-one support as well as through interactive programs and resources. Some of the topics they address are healthy relationships, stress management, nutrition, sexual assault, drug and alcohol use, and sexual health (see <http://ssac.gmu.edu/>). Students in need of these services may contact the office by phone at 703-993-3686. Concerned students, faculty and staff may also make a referral to express concern for the safety or well-being of a Mason student or the community by going to <http://ssac.gmu.edu/make-a-referral/>.

**For additional information on the College of Education and Human Development, please visit our**

**TENTATIVE SCHEDULE**

<b>Week</b>	<b>Topic</b>	<b>Assignments</b>
1	What does it mean to be an exercise leader? Methods of Instruction	
2	Teaching Approaches & Learning Styles	Quiz #1
3	Setting up an exercise session: prep work and beyond	Quiz #2
4	Cardiovascular Training: Common exercises and formats using body weight, and other equipment	
5	Cardiovascular Training Continued	Demo #1
6	Resistance Training: Common exercises and formats for the upper body	Demo #2
7	Resistance Training: Common exercises and formats for the lower body	Demo #3
8	<b>Practical Exam 1</b>	
9	Resistance Training: Common exercises and formats for core	Demo #4
10	Spotting & Assistance Techniques	Quiz #3
11	Modifications for a variety of conditions	Quiz #4
12	Flexibility Exercises	Demo #5
13	Teaching techniques for small and large groups	Demo #6

14	Fitness trends	
15	<b>Practical Exam 2</b>	

*Note: Faculty reserves the right to alter the schedule as necessary, with notification to students.*