

Collin College - Continuing Education

Course Syllabus

Course Title: Group Exercise Instructor Certification Course

Course Description: This certification course provides students with current foundational knowledge, training, and competency testing to certify them to practice as group exercise instructors. Lecture and hands-on practical training are combined to teach: exercise physiology, principles of group exercise, anatomy, flexibility, health screening, muscle conditioning, adherence and motivation, strength training and conditioning, safety and injury prevention, exercise for special populations, legal and professional responsibilities

Course Prerequisite(s): This is a beginner course for students with little or no experience or education in fitness training.

Course Objectives:

1. Conduct health-screening assessments.
2. Apply principles of group cohesion to group exercise.
3. Incorporate music and sound into a group exercise program.
4. Correctly cue, perform, monitor and design high and low impact, muscle conditioning, and flexibility exercises in a group setting.
5. Demonstrate warm up and cool down movements and stretches.

Textbook(s):

Fitness Leader's Handbook, 2nd Edition by Author B. Franks, Edward Howley

Methods of Group Exercise Instruction, 2nd Edition by Carol A. Kennedy, Mary M. Yoke

Lesson Plan

- Session 1: Exercise Physiology, Anatomy
Exercise Analysis and Design, Nutrition and Weight Control
- Session 2: Health Screening, Fitness Testing and Aerobic Programming
Adherence, Motivation, Special Populations, Exercise and Pregnancy
- Session 3: Musculoskeletal Injuries, Legal and Professional Responsibilities
Introduction to Music, Warm ups
- Session 4: Review of Moves, Pre-stretches, Motivational Techniques
Aerobic Cardio Movements, Post Aerobic Cool Downs and Stretches
- Session 5: Floor and Toning Exercises, Flexibility and Final Cool Down Stretches
Review and Practice
- Session 6: Written and Practical Exams