

GROUP EXERCISE LEADERSHIP SYLLABUS

Course Director: Dr. Tendy

Course Description And Concept Of Training

This course consists of 18 lessons, and will be conducted over a half semester period, 45 minutes per day. Class members have already taken courses in Wellness and Personal Fitness and have a good background in the principles of exercise and training. Therefore, this course is specifically geared to the enhancement of presentation and leadership skills in a group exercise setting, using music as the controlling factor. Additionally, participants will be able to develop and demonstrate a working knowledge of teaching methodology and class construction.

INSTRUCTIONAL STAFF

Name	Office Location	Phone	Office Hours	Email Address
Dr. Tendy Course Director	Scott Barracks 54 th Division 2 nd Floor	3075	By Appointment	ps9741
Ms. Cokeley, Instructor	DPE Training Room	2352	By Appointment	pk8383
CPT Wilson, Instructor	Scott Barracks 53 rd Division 2 nd Floor	5634	By Appointment	Pb8637

The uniform is as follows:

Gym A with predominantly white court shoes. Due to the nature of the facility and the need to keep the floor free from dirt and gravel, during inclement weather, cadets should hand carry court shoes to class.

Class Location:

Arvin **Annex**, unless contacted by your instructor

Class Start Times:

<u>Hour</u>	<u>Start Time</u>	<u>End Time</u>
<u>Morning Classes</u>		
D/J	1055	1140
<u>Afternoon Classes</u>		
E	1355	1440
F/L	1500	1545

COURSE OBJECTIVES

Cadets will be guided toward the following objectives:

1. Develop the leadership skills and technical background necessary to conduct safe, effective, and motivational group exercise classes.
2. Explore and experience the latest innovative techniques that use music as the controlling factor to improve physical fitness.
3. Develop and enhance the level of presentation skills of all participants.
4. Demonstrate knowledge of planning and goal setting techniques by preparing a 45 minute written and practical Lesson Plan.
5. Identify safety awareness in fitness programs.
6. Demonstrate the ability to use various exercise modes and workout patterns.
7. Integrate the components of rhythm, music and movement.
8. Demonstrate competence in a variety of exercise media.
9. Continue to explore and expand one's knowledge and experience in the field of Group Exercise Leadership by volunteering to teach cadet voluntary aerobics classes, or classes involving training in a unit setting such as at the company or team level.

**EXERCISE LEADERSHIP LESSON PLAN
OVERVIEW**

LESSON	ACTIVITY	NOTES
1	Course Intro, grading criteria, copy right laws, safety issues, components of fitness, "the body," intro to basic steps	
2	Beats per minute, review basic steps, 8-count combination, "Dial-a-step"	Homework = 8 count combo
3	Beat per minute review, 8-count combo review, practice 8-count combo, Warm-up, Low Impact	Homework = new 8 count combo
4	Beat per minute, review Warm-up, Low Impact, new 8-Count combo, combo building -"block," teaching drills, practice	Homework = block
5	Monitoring exercise intensity, Warm-up with block teaching drill, Pre-aerobic stretch, practice	Homework = Pre-aerobic stretch
6	Review monitoring HR methods, Warm-up and Low impact with blocks, Pre-aerobic stretch, intro to High Cardiovascular (c/v), into to Cool-down	Homework = 8 count High c/v combo Begin Grading
7	Student taught Warm-up, Low impact, High c/v review and practice, student taught Cool-down	Homework = High c/v block, Grade
8	Student taught class – basic, Intro to Body Parts/Floor work	Grading
9	Intro to Aqua Aerobics	Crandal Pool
10	Aqua Aerobics 2	Crandal Pool
11	Intro to Step Aerobics	Homework = Step Combo
12	Student taught W/U & P/S, student Step Combos review, body part review	Homework = Step block, grade W/U, P/S
13	Into to Boxing Aerobics	Homeowork = Boxing combo, grade W/U, P/S
14	Student taught W/U, P/S, Boxing L/I review, practice High C/V Boxing combos	Grading
15	Student taught Boxing Aerobic class	Grading
16	Class Format Practical Final	Grading
17	Class Format Practical Final	Grading
18	Review, Final Written Exam	

NOTE: For detailed course information as to the course policies and procedures, additional instruction, skills to be learned, course requirements, test standards, point values, and the grade scales for the course, refer to the course manual.