

Eastern Illinois University
New/Revised Course Proposal Format
 (Approved by CAA on 4/3/14 and CGS on 4/15/14, Effective Fall 2014)

Banner/Catalog Information (Coversheet)

1. New Course or Revision of Existing Course
2. Course prefix and number: KSS 3104
3. Short title: Funcnt Trng and Leadership
4. Long title: Functional Resistance Training and Group Fitness Leadership
5. Hours per week: 2 Class 2 Lab 3 Credit
6. Terms: Fall Spring Summer On demand
7. Initial term: Fall Spring Summer Year: 2016
8. **Catalog course description:** The purpose of this course is to comprehend, construct, and analyze the technique and skills of functional resistance training and aerobic group fitness training. The practical application of various training and teaching techniques will be emphasized.

9. Course attributes:

General education component: N/A

Cultural diversity Honors Writing centered Writing intensive Writing active

10. Instructional delivery

Type of Course:

Lecture Lab Lecture/lab combined Independent study/research
 Internship Performance Practicum/clinical Other, specify: _____

Mode(s) of Delivery:

Face to Face Online Study Abroad
 Hybrid, specify approximate amount of on-line and face-to-face instruction _____

11. Course(s) to be deleted from the catalog once this course is approved. KSS 2104
Technique and Theory of Aerobic Exercise and Strength Training

12. Equivalent course(s): N/A

a. Are students allowed to take equivalent course(s) for credit? Yes No

13. Prerequisite(s): KSS 2850, KSS 2440

a. Can prerequisite be taken concurrently? Yes No

b. Minimum grade required for the prerequisite course(s)? C or higher

c. Use Banner coding to enforce prerequisite course(s)? Yes ___ No

d. Who may waive prerequisite(s)?

___ No one Chair ___ Instructor ___ Advisor ___ Other (specify)

14. Co-requisite(s): N/A

15. Enrollment restrictions

a. Degrees, colleges, majors, levels, classes which may take the course: KSS Majors with Exercise Science Concentration

b. Degrees, colleges, majors, levels, classes which may not take the course: EIU students not majoring in KSS-Exercise Science

16. Repeat status: May not be repeated ___ May be repeated once with credit

17. Enter the limit, if any, on hours which may be applied to a major or minor: ___

18. Grading methods: Standard ___ CR/NC ___ Audit ___ ABC/NC

19. Special grading provisions:

___ Grade for course will not count in a student's grade point average.

___ Grade for course will not count in hours toward graduation.

___ Grade for course will be removed from GPA if student already has credit for or is registered in:

___ Credit hours for course will be removed from student's hours toward graduation if student already has credit for or is registered in: _____

20. Additional costs to students:

Supplemental Materials or Software N/A

Course Fee No ___ Yes, Explain if yes _____

21. Community college transfer:

___ A community college course may be judged equivalent.

A community college may not be judged equivalent.

Note: Upper division credit (3000+) will not be granted for a community college course, even if the content is judged to be equivalent.

Rationale, Justifications, and Assurances (Part I)

1. Course is required for the major(s) of KSS Exercise Science Concentration
 Course is required for the minor(s) of _____
 Course is required for the certificate program(s) of _____
 Course is used as an elective

2. **Rationale for proposal:** A class that provides KSS students with experience participating in and prescribing resistance training and group fitness programs is essential. This class will allow for exposure to innovative information regarding movement assessment, exercise selection, and various methods of leading both individuals and groups. This class corresponds with our department's endorsement with the National Strength and Conditioning Association.

3. **Justifications for (answer N/A if not applicable)**

Similarity to other courses: N/A

Prerequisites: In order to increase the rigor and pursue a higher level of learning, it is important that the students have an understanding of health, wellness, and fitness information, as well as have a solid understand of the human body and how it moves.

Co-requisites: N/A

Enrollment restrictions: This class is specifically designed for students who are pursuing a KSS degree with the Exercise Science Concentration. It is important that the students have similar career interests in related exercise science fields.

Writing active, intensive, centered: N/A

4. **General education assurances (answer N/A if not applicable)**

General education component: N/A

Curriculum: N/A

Instruction: N/A

Assessment: N/A

5. **Online/Hybrid delivery justification & assurances (answer N/A if not applicable)**

Online or hybrid delivery justification: N/A

Instruction: N/A

Integrity: N/A

Interaction: N/A

Model Syllabus (Part II)

KSS 3104—Functional Resistance Training and Group Fitness Leadership (3.0 credits)

Course Description: The purpose of this course is to comprehend, construct, and analyze the technique and skills of functional resistance training and aerobic group fitness training. The practical application of various training and teaching techniques will be emphasized.

Course Learning Objectives: The student will be able to:

1. Apply the skills, techniques, and safety of performing strength and aerobic exercises. (CT – 1-4; SL – 1-3)
2. Recognize and demonstrate responsibilities of a fitness professional based on current research and professional certification criteria. (CT – 3-6; WR – 3, 4, 6, 7; SL – 1-3; RC – 1, 2, 4)
3. Appraise, critique, and evaluate common muscular imbalances using various movement assessments. (CT – 4-6; SL – 2; QR – 2-4)
4. Select appropriate exercises based on individual goals and physiological limitations. (CT – 4, 5; SL – 1-3; QR – 1-3; RC – 1, 2)
5. Interpret exercise principles in order to construct aerobic and resistance training programs for the improvement of fitness components. (CT – 6; SL – 1, 3-7; QR – 1-3, 5)
6. Demonstrate command of the subject matter while teaching in an individual and group setting. (CT – 4-6; SL – 2-7; RC – 1-4)

Textbooks:

American Council on Exercise (2011). *Group Fitness Instructor Manual: A Guide for Fitness Professionals, 3rd Edition*.

Coburn, J.W., & Malek, M. H. (2012). *NSCA's Essentials of Personal Training, 2nd Edition*. Champaign, IL: Human Kinetics.

Tentative Weekly Outline	Lecture Topics Lab Activity
Week 1	Exercise assessment; motivation and adherence Aerobic Field Assessment Administration
Week 2	Cardiorespiratory-physiological concepts and adaptations Field assessments; Step class
Week 3	Bioenergetics; HIIT training Group sports performance; HIIT class
Week 4	Methods of monitoring intensity-various settings Pilates; Yoga
Week 5	Current ACSM guidelines and application Kickboxing; Medicine ball class
Week 6	Program design, class structure and organization Body bar/band class; Yoga
Week 7	Group Teaching
Week 8	Group Teaching Midterm Exam
Week 9	Traditional and functional strength assessment Functional Movement Screening

Week 10	Strength-physiological adaptations; muscle actions and principles of training Single exercise demonstrations
Week 11	Basic movement patterns; machine vs. free weight exercises PTM exercises
Week 12	Common muscular imbalances; corrective training techniques Common rehabilitative exercises
Week 13	Overall program design concepts Upper body, lower body, and core exercises
Week 14	Program design concepts; non-traditional training methods Power clean and power snatch
Week 15	Final project implementation
Week 16	Final Exam

Projects/Assignments:

Attendance and Participation

Each lab session will require physical activity. You are expected to participate in various types of group fitness training classes such as (but not limited to): yoga, Pilates, cardio kickboxing, step aerobics, and HIIT training. You will also gain experience with functional resistance training techniques by participating in structured strength training exercise sessions, which will sample exercises using (but not limited to): dumbbells, barbells, stability balls, kettlebells, and Bosu balls.

Article Reviews and Discussion

You will be required to read various journal articles that are posted to D2L and type a ONE-page article review to submit on the determined due dates. Within this review, please discuss the purpose of the article, the importance that this information has on current training philosophies and techniques, and your opinion of the article. Come to class ready to discuss the articles with your peers in a small group setting.

- Must be typed: 12 point font, double spaced
- Cite using APA format.
- Use your OWN WORDS! Plagiarism will result in a failing grade for the assignment.

Group Exercise Session Leadership

You will choose a group of three to four individuals. Your group will choose a type of exercise class and sign up for a day to present. The topic and dates are first come, first serve.

Requirements:

- Exercise class must be 40 minutes in length.
- Included in your class should be:
 - Brief warm up and cool down
 - Class body (ex: kickboxing, yoga, Pilates, etc.)
- You will be evaluated using the Group Presentation Rubric.
- Each group member must put in equal effort.

- Immediately prior to presentation, submit ONE typed version of the “Design Planning Sheet.”
 - Contact Mrs. Schaljo if you need any type of special equipment and/or location.
 - Make sure to set up equipment, music, etc. prior to the presentation.
- See the Leadership Rubric for grading specifics and what is expected.

Exercise Description and Demonstration

You will be assigned a resistance training exercise in class. On the following class day (during the lab portion,) you will demonstrate the exercise and appropriately instruct the class on ways to complete the exercise.

Give a detailed description of the specified exercise by:

- Identifying muscles that are targeted through the full range of motion.
- Discussion of proper form.
- Appropriate the number of repetitions and sets for various program designs.
- Specific modifications to make the exercise more or less difficult.

A typed version of the Exercise Selection Criteria should be submitted prior to your demonstration.

Individual Video Exercise Session

You will select six exercises with a central purpose/theme. You will make an instructional video showing proper ways to complete these exercises.

Requirements:

- Give a verbal description of each exercise as you demonstrate. Explain the purpose, modifications, and who will benefit from completing the exercise.
- Please make sure that you are easily heard and understood (appropriate music volume, type, etc.)

You will be evaluated using the Individual Video Rubric.

Functional Exercise Program Prescription Report

You will complete the Functional Movement Screening assessment on your designated partner. Based off of this information, you will identify specific movement and muscle imbalances that are specific to your partner. You will select at least eight exercises that can be implemented to correct these muscular imbalances, and then demonstrate each exercise to your partner in a one-on-one exercise session.

Requirements:

- The FMS scoring sheet should be completed with extensive notes for each assessment.
- Include a typed document listing the exercise, repetitions, sets, and justification for including the exercise in the program prescription.

Evaluation/Assessment

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- | | |
|---|-----|
| • Attendance/Participation | 30% |
| • Assignments/Lab Reports | 20% |
| • Quizzes/Exams | 25% |
| • Group/Individual Programming and Teaching | 25% |

Grading Scale

A = 90-100% of total points

B = 80-89%

C = 70-79%

D = 60-69%

F = ≤ 59%

Objective	Attendance and participation	Assignments and lab reports	Quizzes and exams	Programming and teaching
Apply the skills, techniques, and safety of performing strength and aerobic exercises.	x	x		x
Recognize and demonstrate responsibilities of a fitness professional based on current research and professional certification criteria.	x	x	x	
Appraise, critique, and evaluate common muscular imbalances using various movement assessments.	x	x	x	x
Select appropriate exercises based on individual goals and physiological limitations		x	x	x
Interpret exercise principles in order to construct aerobic and resistance training programs for the improvement of fitness components.		x	x	x
Demonstrate command of the subject matter while teaching in an individual and group setting.	x	x		x

Date approved by the department or school: February 11, 2016

Date approved by the college curriculum committee:

Date approved by the Honors Council (*if this is an honors course*):

Date approved by CAA: CGS: