

University of Southern Colorado
Department of Exercise Science, Health Promotion, and Recreation

Course: EXHP 121L – Aerobic Instructor Training
Class time: Monday, 7-9 pm
Instructor: Lisa Martin
Office: Women’s Locker room 132A
Phone: 547-2703 email: martin@uscolo.edu
Office hours: by appointment

Course Description: The main purpose of this course is to teach and train exercise enthusiasts how to lead a safe, effective, and motivational aerobic exercise activity. The course will be dedicated to the goals of safety and excellence in fitness instruction. The course will focus on the proper safety techniques, body mechanics, and movements associated with leading an aerobic exercise activity. The course will also focus on techniques of teaching to a diverse group setting, including varying age and performance/fitness levels.

The course will give students knowledge and basic training necessary to sit for a national certification exam in aerobic instruction, including the performance of practical skill and theoretical knowledge.

Attire: During scheduled activity sessions, students should dress in a manner allowing for full participation. Scheduled fitness activities will include cardiovascular exercise, flexibility training, resistance training, and rhythmic aerobics.

Objectives:

- Define the roles and responsibilities of an exercise leader including trends in the fitness field.
- Discuss physiological and biomedical research, effects and benefits of aerobic activity.
- Demonstrate safety guidelines, injury prevention, and techniques.
- Discuss the components of aerobic fitness – mode, intensity, duration, frequency.
- Learn how to teach aerobic activity to diverse groups.
- Review proper format for specific types of classes (ie. Step, kickboxing, water etc.)
- Practice musical adaptation – including beats, phrasing, and tempo.
- Learn, practice, and demonstrate proper cuing techniques.
- Discuss ethics and professional responsibility.

Evaluation:

Examinations (2)	40%	
Quizzes	20%	
Participation		10%
Demonstrations	30%	

Academic Dishonesty Policy:

At the University of Southern Colorado academic dishonesty is a basis for disciplinary action. Academic dishonest includes, but is not limited to activities such as cheating and plagiarism (presenting as one’s own the intellectual or creative accomplishments of another without giving credit to the source or sources).

Students with Special Needs (ADA)

This university abides by the Americans with Disabilities Act and Section 504 of the Rehabilitation Act of 1973, which stipulates that no student shall be denied the benefits of an education “solely by reason of a handicap”. If you have a documented disability that may impact your performance in this class and for which you may require accommodations, please see the instructor as soon as possible to arrange accommodations. In order to receive accommodations, you must be registered with an provide documentation of your disability to, the Disability Services Office, which is located in the Psychology Building, Room 232.