

**THE UNIVERSITY OF WESTERN ONTARIO
FACULTY OF HEALTH SCIENCE
SCHOOL OF KINESIOLOGY
GROUP FITNESS – Kin 2907S**

Instructor: Sarah Langford Email: sarah.langford@sympatico.ca, slangfo2@uwo.ca
Class Hours: Mondays 8:30-10:30, Wednesdays 8:30-10:30, Friday 8:30-9:30

COURSE DESCRIPTION

Group Fitness is an introduction to fitness activities that are taught in a group setting including (but not limited to): indoor cycling, step, kick box, aqua fitness, mixed aerobics, muscular conditioning, interval training and stretch classes.

COURSE OBJECTIVES

1. To understand the experiences of individuals who choose group fitness as part of an active healthy lifestyle.
2. To acquire fundamental knowledge and skills of a fitness instructor, and to demonstrate these skills.
3. To critically examine fitness classes and identify components needed to conduct a safe and effective class for all levels of fitness.

STUDENT EVALUATION

Assignment (20%,*10% deduction without attendance slips)

There will be one written assignment to be completed during the course. This will be based on your analysis of group fitness classes that you attend. Throughout the 6 week course you will attend two group fitness classes offered by Campus Recreation at your convenience. These two classes should be different types of classes taught by different instructors. Students are required to have the instructor teaching each class sign an attendance slip. **Both attendance slips must be handed in with the assignment or there will be a 10% deduction from your mark.** A hard copy handed in on the due date is the only method acceptable for assignments (no electronic submissions will be accepted). **Late assignments will be deducted 5% per day.** No assignments will be accepted 2 weeks past the due date. The assignment is to be done individually.

****Due Date: Friday of Week 4**

Lesson Plan (10%)

Each student must write a lesson plan outlining what they will be teaching during their presentation. The lesson plans are individual assignments and can be hand written during class time.

Group Presentation (25%)

Each group will lead a fitness class of their choice. Each member of the group will lead one component of the class; warm up, cardio, muscular endurance and stretch and relaxation. Each component is roughly 10 minutes in length. **Individual marks will be given to each member of the group.**

Written Exam (35%)

The final exam is a 2 hour written exam in the final week of the course. It will be given during class time and the date and room will be assigned near the end of the course. The exam is based on all of the material covered in the course and is point form and short answer.

Participation Mark (10%)

Classroom attendance is important throughout the course, including the presentations in week 5. Please ensure that you inform your instructor, **in advance**, if you will be away. The instructor will determine if this reason is acceptable and how to address it. It is expected that you attend class and observe even if there is a minor injury or illness (within reason). A medical note may be required if absences are chronic. Undocumented chronic absences, with or without documentation, may lead to a loss of the course credit.

Campus Recreation Fitness Class Attendance

Students will be required to participate in 2 fitness classes offered by Campus Recreation outside of class time. Choose from the class schedule published by Western Campus Recreation (other fitness class off campus may be acceptable). **For your safety and the comfort of other participants, no admittance to fitness classes will be permitted 10 minutes after the posted start time of the class. For each fitness class you attend, complete an activity attendance form. These forms will be made available and need to be handed in with your assignments.**

COURSE CONTENT

WEEK 1:

Mon. **HiLo Class.**

- Introduction to Group Fitness classes through a sample class
- Course overview
- Refer to reading list for recommended reading

Wed. **Cycling**

- Introduction to a cycling class and notes on cycling

Fri. **Muscular Conditioning Class 1**

- An introduction to the equipment and techniques used in weight training in a group setting

WEEK 2:

Mon. **Muscular Conditioning Class 2**

Further demonstration of weight training utilizing various modifications to suit all levels of fitness

Wed. **Body Shred**

- An introduction to HIIT training/interval based training style

Fri. **Zumba - Guest Instructor**

WEEK 3:

Mon. **Aqua**

Class at **Fitness Centre** pool with guest instructor

Wed. **Step – Introduction**

- Basic step – level 1
- Choreography introduction and intensity options

Fri. **Yoga – Guest Instructor**

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WEEK 4:

Mon. **Group Practice**

- Begin Group Practice, establish groups for presentations
- Assign components to be taught for each member
- Begin to work on written “Lesson Plan” for presentation (due on Fri.)

Wed. **Group Practice and Discuss Marking Scheme**

- Meet with each component and discuss marking scheme
- Continue group work and lesson planning

Fri. **Group Practice**

- **Lesson Plan Due!**
- **Assignment Due!**
- **Exam Review!**

WEEK 5: **attendance is required

Mon. **THANKSGIVING – NO CLASS!**

Wed. **Group Presentations (2)**

Fri. **Group Presentation (1)**

WEEK 6:

Mon. **Group Presentations (2)**

Wed. **Written Exam**, 8:30 am to 10:30 am, Location – TBA

Fri. **No class** (Drop in if necessary)

Course/University Policies

1. **Lateness/Absences:** Assignments are due at the beginning of class on the assigned due date and will not be accepted late, except under medical or other compassionate circumstances. Electronic submission of assignments will not be accepted (unless otherwise specified) under any circumstances. Submitting a late assignment without appropriate documentation will result in a zero (0) grade. Appropriate documentation for assignments worth less than 10% should be submitted to the Undergraduate office. A missed mid-term examination without appropriate documentation will result in a zero (0) grade. The course policy is not to allow make-ups for scheduled midterms, presentations or final exams, nor to assign a grade of Incomplete without acceptable and verifiable medical (or equivalent compassionate) reasons. Acceptable reasons might include hospital stays, serious illness, family emergencies (like serious accidents or illness, death) or similar circumstances.

2. **Written documentation:** Whenever possible, students who require academic accommodation should provide notification and documentation in advance of due dates, examinations, etc. stating specific reasons and dates. Students must follow up with their professors and their Academic Counselling office in a timely manner. Documentation for any request for accommodation shall be submitted directly, as soon as possible, to the appropriate *Academic Counselling Office* of the student's Faculty/School of registration not to the instructor, with a request for relief specifying the nature of the accommodation being requested. This documentation should be obtained at the time of the initial consultation with the physician or walk-in clinic. These documents will be retained in the student's file, and will be held in confidence in accordance with the University's Official Student Record Information Privacy Policy.

See <https://studentservices.uwo.ca/secure/index.cfm> for specific policy and forms relating to accommodation.

3. **Grades:** Where possible assignment objectives and rubrics will be posted on OWL. Should you have a concern regarding the grade you received for an assignment or feel that it is unfair in any way, you must wait 24 hours from the receipt of the assignment to approach the instructor or TA. In doing so, please make an appointment and prepare in writing, with evidence, why you feel your grade is inappropriate. Please be aware that in requesting a grade reassessment, your grade could go up/down/or stay the same. Note that calculations errors (which do occur!) should be brought to my attention immediately.

4. **Scholastic offences:** They are taken seriously and students are directed to read the appropriate policy, specifically, the definition of what constitutes a Scholastic Offence, at the following Web site:

http://www.uwo.ca/univsec/handbook/appeals/scholastic_discipline_undergrad.pdf.

A) Students must write their essays and assignments in their own words. Whenever students take an idea, or a passage from another author, they must acknowledge their debt both by using quotation marks where appropriate and by proper referencing such as footnotes or citations. Plagiarism is a major academic offence (see Scholastic Offence

Policy in the Western Academic Calendar). All required papers might be subject to submission for textual similarity review to the commercial plagiarism detection software under license to the University for the detection of plagiarism. All papers submitted for such checking will be included as source documents in the reference database for the purpose of detecting plagiarism of papers subsequently submitted to the system. Use of the service is subject to the licensing agreement, currently between Western University and Turnitin.com (<http://www.turnitin.com>)

B) Computer marked multiple-choice tests and/or exams may be subject to submission for similarity review by software that will check for unusual coincidences in answer patterns that may indicate cheating.

5. **Formatting** (*as recommended by the course instructor*): example- APA style is the approved style of writing for all assignments produced for this course. Please refer to Western University Library webpage for information on citation style and format or consult the APA publication manual: Publication manual of the American Psychological Association (6th ed.). (2009). Washington, DC: American Psychological Association.

6. According to the **Examination Conflict policy**, “A student who is scheduled to write more than two examinations in any 24-hour period may request alternative arrangements through the office of their Academic Counsellor.” **This policy does NOT apply to mid-term examinations.* There will be no make-up for the mid-term exam. Students who miss this exam with a valid reason will have the final re-weighted accordingly.

7. **Classroom Behaviour**: Class will begin promptly at the time specified at the top of page one of this syllabus. In the event that you must arrive late, please enter the classroom with a minimal disturbance to the class. I reserve the right to lock the classroom door and deny entrance if lateness becomes a common occurrence. Excessive talking during class time is disruptive, disrespectful, and will not be tolerated. Students engaging in such behaviour may be asked to leave the room. Cellular phones, pagers, and text-messaging devices are disruptive when they ring in class. If you must bring these with you, please place them on silent mode or turn them off during class. Failure to do so may result in your being asked to leave.

8. Laptops for the **purpose of typing lecture notes** are permitted in class, but please be respectful to your fellow students and turn the sound off. If I receive complaints from other students regarding noise or other disruptive behaviour (e.g., watching videos on YouTube.com, updating your Facebook status, playing Solitaire), your classroom laptop privileges will be revoked.

9. Audio and/or videotaping of lectures is not permitted unless approval has been sought from the instructor in advance.

STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow.

For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre -- <http://www.sdc.uwo.ca/ssd/>
2. Student Health -- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. Registrar's Office -- <http://www.registrar.uwo.ca/>
4. Ombuds Office -- <http://www.uwo.ca/ombuds/>