

Minnesota State University Moorhead

EXS 364: Group Exercise Leadership

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 3

Lab Hours/Week: 0

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This class will prepare students to teach all kinds of group exercise classes. Group exercise instructors conduct group exercise sessions that include aerobic exercise, stretching and muscle conditioning.

B. COURSE EFFECTIVE DATES: 04/14/2022 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. Understanding human movement
2. Intelligent selection and sequencing of exercises
3. Inclusive classes
4. Communication strategies and behavioral change
5. Class participant safety and legal considerations
6. Creating memorable movement experiences

D. LEARNING OUTCOMES (General)

1. Students analyze music and use appropriate movements with various music selections.
2. Students demonstrate a vocabulary (both verbal and psychomotor) of potential steps/movements for floor, water, and step aerobics.
3. Students describe development/progression of a workout from warm-up through aerobic to cool-down.
4. Students will apply the information of the class by planning and implementing a lesson (choreograph and lead) in floor, water and step aerobics.
5. Students will describe benefits and limitations of aerobic workouts (floor, water, and step).
6. Students will describe general principles of aerobic exercise.
7. Students will describe injuries common to aerobic exercise and how to avoid or how to minimize and handle.

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted