

Syllabus

SPECIALIST IN GROUP FITNESS

COURSE LENGTH

6 months

PREREQUISITES

Certified Fitness Trainer

CO-REQUISITE

Basic Adult CPR with AED

TEXTBOOKS AND MATERIALS

Fleming, Dyck. *Group Fitness*. 1st Edition. International Sports Sciences Association.

COURSE DESCRIPTION

This course will show you how to use your knowledge and experience as an ISSA certified fitness trainer to design and lead safe and effective group training sessions. The course begins with the scientific foundations for group training design, including training-essential anatomy, physiology, and biomechanics, as well as how training elicits various physical adaptations. Material then advances to the practical application of these concepts as they apply to group training program design and implementation. Advanced concepts include programming, assessment, safety, exercises and equipment, class formats, performance nutrition, and marketing your classes.

COURSE OBJECTIVES

- Identify the major structures of the body.
- Describe joints, their common injuries, and how they function as complete kinetic chains.
- Identify how basic principles of biomechanics, balance, kinesthesia, and proprioception relate to muscle and strength balance.
- Review the physiology of muscle contraction, muscle fiber types, energy production pathways, mechanisms of fatigue, and training adaptations.
- Recognize Newton's Laws of Motion and their relationship to the biomechanics of strength and movement.
- Identify strength, muscular endurance, cardiovascular training, and conditioning, as well as training modalities for each.
- Evaluate clients, including body composition, flexibility, mobility, and performance nutrition.
- Apply exercise adaptations, program periodization, and training cycles within a training period to program design for a given group.

- Identify essential considerations for designing a specific group exercise program, including useful information gathering, strategies for flexible programming in less than ideal conditions, approaching nutrition effectively in a group setting, safety and injury prevention, and strategies for coaching, motivating, tracking progress, and building relationships.
- Select, scale, modify, and blend exercises, repetition schemes, workout tempos, and group workout formats.
- Identify the most effective blend of equipment and exercises to provide a full-body, balanced approach to achieving the desired training effect for the group.
- Recognize basic elements of managing and marketing your group exercise business, including professionalism and pricing.

COURSE OUTCOMES

- Identify the major structures and common injuries of the skeletal and muscular systems as well as how these individual parts work together compound movements and "kinetic chains."
- Visually identify postural deviations, planes of movement, and understand the importance of muscular and structural balance when selecting exercises.
- Demonstrate understanding of the programming variations in duration, frequency, and intensity to develop strength, hypertrophy, power, and muscular endurance to focus programming on a desired effect.
- Demonstrate an ability to properly incorporate performance nutrition and flexibility training into group fitness classes that are both relevant and effective for your target audience.
- Demonstrate an understanding of both undulating and linear periodization and how to practically apply these concepts to programming for group classes.
- Demonstrate effective information gathering strategies, safety considerations for both environment and exercise selection, and how to be an effective group fitness coach.
- Demonstrate the ability to effectively assess participants, structure and modify workouts, and understand how to construct the fundamental class structures: cardiovascular, strength and conditioning, general conditioning and cross training.
- Develop a comprehensive understanding of the value and role of a wide variety of training tools and exercises.
- Demonstrate a practical knowledge of how to bring everything together and comprehensively program group fitness for a wide variety of groups and fitness goals keeping in mind your available space, available equipment, your particular skill set, exercise selection, and safety considerations.
- Develop an understanding of how to implement the business side of group training including record-keeping, pricing, and social media marketing.

COURSE OUTLINE

You have until the course end date to finish all required submissions. A suggested guided study for you to complete the course is set up as follows:

Week 1: Musculo-Skeletal System; Kinesiology and Biomechanics

Week 2: Physiology and the Training Effect; Strength, Endurance, and Cardiovascular Fitness

Week 3: Flexibility; Body Composition and Performance Nutrition for Groups

Week 4: Periodizing Your Planning

Week 5: Considerations in Program Design

Week 6: Designing Your Group Workouts

Week 7: Equipment and Exercises

Week 8: Workout Programming

Week 9: Market and Managing Your Business

Week 10: Final Case Study and Final Examination

INSTRUCTIONAL METHODS

This course will include online lectures, reading assignments, written assignments, discussions, and quizzes.

GRADING

Review "How to Score Well" under "Course Home" for general guidance on how your written submissions are evaluated.

EARNING YOUR CERTIFICATE - MINIMUM REQUIREMENTS

To earn your certificate, you must:

- **Submit all course components.**
- **Earn a course score of 75% or better in the course.**
- **Submit current Adult CPR/AED**
- **Any fees must be paid in full.**