

OFFICE OF ACADEMIC AFFAIRS
COURSE APPROVAL FORM
NEW COURSE



College: Education Prefix/Subject Code: KIN Course Number: 290

Banner Title: Ex Techniques and Leadership Credit Hours: 3 Offered: ☒ Fall ☐ Spring ☐ Summer
(32 Characters)

Full Course Name: Exercise Techniques and Leadership

Instructional Method: ☐ Online ☐ Hybrid ☒ Classroom

Prerequisites: _____

Min. Grade: _____

Co-requisites: _____

Prerequisites with Concurrency: _____

Restrictions: _____

Class, Level, Department, Program, College, etc.

Grading System: ☒ A-F ☐ A-NC ☐ S-U

Cross-listed: _____

Cross-listed courses must provide both graduate and undergraduate syllabi.

Catalog Description: (300 Characters)

This course provides a practical guide in leadership for group and individual exercise settings. Critical evaluation of a safe fitness environment, adult physical activity programs to promote health, and exercise techniques according to the American College of Sports Medicine and National Strength and Conditioning Association are included.

Does this course involve multiple academic units in the originating college? Yes ☐ No ☒
If so, the chair of each academic unit must sign this form.

Does this course involve academic units external to the originating college? Yes ☐ No ☒
If so, deans of all colleges involved must sign this form.

Is this a Laboratory course (stand alone or combined)? Yes ☐ No ☒
If yes, indicate the number of credit hours for the lab and the number of contact hours.

Lab Hours: _____ Contact Hours: _____ Total Credit Hours: _____

Indicate type and hours for studio, clinical, internship, and study abroad courses.

<input type="checkbox"/> Studio Course	Studio Hours: _____	Contact Hours: _____	Total Credit Hours: _____
<input type="checkbox"/> Clinical Course	Clinical Hours: _____	Contact Hours: _____	Total Credit Hours: _____
<input type="checkbox"/> Internship	Internship Hours: _____	Contact Hours: _____	Total Credit Hours: _____
<input type="checkbox"/> Study Abroad	Abroad Hours: _____	Contact Hours: _____	Total Credit Hours: _____

Compare with existing catalog offerings, with justification if apparent overlap:

None

Discuss demonstrated value of course. Please justify why this new course is needed.

This course will fill an identified gap in the student's knowledge of information needed to complete upper level courses. Our goal is to improve the content in freshman and sophomore level courses to provide a foundation of knowledge for success in our upper level courses.

Will this course be required? Explain.

Yes. This course will be a prerequisite for KIN 315, Strength Training and Conditioning

Is this course part of a program core? Explain.

No. This course is not required for Phys Ed

Is this course part of a new major or minor? Explain.

No

Textbooks: American College of Sports Medicine: Guidelines for exercise testing and prescription, 9th ed. (2013). Philadelphia: Lippincott, Williams, & Wilkins.

Intended Instructors: Dr. Ryan Conners

Implications for faculty workload: Course will be included in faculty workload

Implications for facilities: Course will occasionally use equipment in the exercise physiology lab

A detailed syllabus must be attached giving an overview of topics covered, course goals and structure, grading system, and policies.

Department Chair: Beth N. Quick Grad. Council: _____

College Dean: Beth N. Quick Graduate Dean: _____

College Curriculum Committee: [Signature]

Undergrad Curriculum Cmte: _____ Provost: _____

Acknowledgements from other units:

Department Chair: _____ College Dean: _____

Exercise Techniques and Leadership
University of Alabama in Huntsville
KIN 290
Fall 2017

Instructor: Dr. Ryan T. Conners
Office: Wilson Hall 319
Office Hours:

Phone: 256-824-5202
E-mail: Ryan.Conners@uah.edu
Class Hours:

Text:

Required *American College of Sports Medicine: Guidelines for exercise testing and prescription, 9th ed.* (2013). Philadelphia: Lippincott, Williams, & Wilkins.

Required *National Strength and Conditioning Association: Essentials of Strength Training and Conditioning, 4th ed.* (2015). Human Kinetics, Champaign, Illinois: Human Kinetics.

Course Description:

KIN 290 - Exercise Techniques and Leadership. Three Credits: This course provides a practical guide in leadership for group and individual exercise settings. Critical evaluation of a safe fitness environment, adult physical activity programs to promote health, and exercise techniques according to the American College of Sports Medicine and National Strength and Conditioning Association are included.

Course Overview:

This course is an introduction to the basic principles of fitness and activities that promote fitness. The student will gain experience in assessing activities that promote fitness. Acquiring knowledge with regard to such activities and how to instruct them in both individual and group settings is the focus of this course. In addition, aspects of psychology related to stages of behavior change (adopting/maintaining a physically active lifestyle) and the basics of fitness programming will be introduced.

Student Learning Outcomes:

1. Communicate effectively, both orally and in writing.
2. Demonstrate discipline specific content knowledge.
3. Think logically, critically, and creatively to make sound judgments in problem-solving situations.
4. Demonstrate awareness of diverse cultural needs and abilities.
5. Apply professional skills and/or research in discipline specific situations.
6. Value lifelong learning through professional advocacy and participation in community service or service learning.

ACSM Student Learning Outcomes:

1.7.4	Knowledge of specific group exercise leadership techniques appropriate for working with participants of all ages.
1.7.12	Knowledge of the principles of overload, specificity, and progression and how they relate to exercise programming.
1.7.13	Knowledge of the various types of interval, continuous, and circuit training programs.
1.7.15	Knowledge of the components incorporated into an exercise session and the proper sequence (i.e., preexercise evaluation, warm-up, aerobic stimulus phase, cool-down, muscular strength and/or endurance, and flexibility).
1.7.18	Knowledge of the advantages and disadvantages of implementation of interval, continuous, and circuit training programs.
1.7.19	Knowledge of the exercise programs that are available in the community and how these programs are appropriate for various populations.
1.7.20	Knowledge of and ability to describe "Activities of Daily Living" (ADLs) and its importance in the overall health of the individual.
1.7.32	Ability to communicate appropriately with exercise participants during initial screening and exercise programming.
1.9.1	Knowledge of behavioral strategies to enhance exercise and health behavior change (e.g., reinforcement, goal setting, social support).
1.9.3	Knowledge of specific techniques to enhance motivation (e.g., posters, recognition, bulletin boards, games, competitions).
1.9.6	Knowledge of approaches that may assist less motivated clients to increase their physical activity.
1.10.2	Knowledge of appropriate emergency procedures (i.e., telephone procedures, written emergency procedures, personnel responsibilities) in a health and fitness setting.
1.10.4	Knowledge of basic precautions taken in an exercise setting to ensure participant safety.
1.10.5	Knowledge of the physical and physiological signs and symptoms of overtraining and the ability to modify a program to accommodate this condition.
1.10.8	Knowledge of hypothetical concerns and potential risks that may be associated with the use of exercises such as straight leg sit-ups, double leg raises, full squats, hurdlers stretch, yoga plough, forceful back hyperextension, and standing bent-over toe touch.

Grade Constituents:

Exams: *Three written exams will be administered throughout the term.* They will consist of both objective and subjective items.

No make-up exams will be given unless approval is obtained prior to the examination. (60%)

Teaching Sessions: Each student will have a (peer) teaching opportunity/assignment. These activities will be in a variety of fitness activities in group and possibly individual settings (20%). *Both instructor and peer evaluations will be a part of the grading process for this portion of the course as well as a response to evaluations on how your peer leadership activity could be improved. (format to be provided later)*

Assignments: A variety of brief written and practical/experiential assignments will be given throughout the semester. Each assignment will have written instructions as well as assigned due dates (20%). No late assignments are accepted.

Class Participation: *Participation in class activities and discussions/active debate (expressing ones opinion openly) is expected. In addition, this course requires all students to participate in and/or lead exercise/fitness related activities.* You are expected to be in class and to fully participate in classroom and laboratory activities (when appropriate). If you arrive after attendance has been taken, it is your responsibility to check in with the instructor to be sure your record is changed from “absent” to “late” before you leave the classroom. Every two “late” marks will be counted as an absence. Leaving class early will also be counted as a “late”. For this class that meets two days per week, you will lose 3.0% from your final average for each absence above two. If you don’t show up for the remainder of the student teaching sessions that you are participating in you will lose 3.0 % from your final average for each absence.

Community Service: Every student is expected to “volunteer” their time with a community event that promotes a physically active lifestyle. A variety of opportunities will be presented throughout the semester. Anyone failing to assist in such an activity/event will lose 3% from their final grade.

List of Topics Covered

- ❖ Professionalism
- ❖ Group and Individual Exercise Programming Basics
- ❖ Components of an Exercise Session
 - Warm-up, Stretching, Conditioning Activity, Cool Down
 - Benefits and Purpose of Exercise Components
- ❖ Cardinal Principles of Conditioning
 - Overload, Progression, Specificity, Rest & Recovery, Reversibility
- ❖ Benefits, Purpose, and Science of Warm-up, Cool Down, Flexibility, Cardiovascular Conditioning, and Resistance Training
- ❖ Uniqueness of Water as a Medium for Exercise
- ❖ Exercise Leadership Skills

List of Assignments for the Semester

Professional Organization Assignment (Code of Ethics)

Career Assignment

Group Exercise Instructor Evaluation (Live)

Lift Description / Exercise Progression

Article Reviews

Characteristics of a Quality Exercise Leader

Personal Exercise Program

Grading System

A	90 – 100 %	C	70 – 79 %	F	Below 60%
B	80 – 89 %	D	60 – 69 %		

Midterm Grading

Instructors of courses for which midterm grades are required will assign a midterm grade of **S** or **U** to each student. This midterm grade serves as a progress report and is used for advising purposes.

Satisfactory = Meeting course requirements (including attendance); currently passing the course

Unsatisfactory = Not meeting course requirements (including attendance); currently failing the course

Policies:

Late assignments will not be accepted and will result in a grade of zero. Please place assignment due dates and scheduled exams on your personal calendars and plan accordingly. No make-up exams are possible, unless arrangements are made **prior** to exam dates.

Cell Phones:

Please either turn off cell phones or set them to vibration upon entering the classroom. Cell phones may not be used as calculators for any class activities. **NO texting or calls are permitted during class!!**

SERVICES FOR STUDENTS WITH DISABILITIES

The University of Alabama in Huntsville will make reasonable accommodations for students with documented disabilities. If you need support or assistance because of a disability, you may be eligible for academic accommodations. Students may contact Disability Support Services (DSS) by calling 256-824-1997 or going to Room 131 in Madison Hall. More information is available at www.uah.edu/disability. Students should identify themselves to the Disability Support Office and their instructor as soon as possible to coordinate accommodations. Official documentation of stated disability is required.

ACADEMIC HONESTY

Plagiarism and other forms of cheating are subject to penalties as outlined in the UAH Student Handbook, which should be consulted for the entire Code of Student Conduct.

PLEASE READ AND SIGN THIS PAGE AND SUBMIT TO Dr. Connors

KIN 290, Fall 2017

I, _____, have entirely read and completely understand all information contained in the syllabus for the above named course, term, and instructor. By my signature, I agree to abide by the policies and procedures contained in the syllabus. I further understand that my failure to do so may affect my grade or delay the posting of it.

Specifically, I understand the following:

- That I make an explicit pledge that all work submitted shall be original and of my own creation, and that any work discovered not to be will severely jeopardize my grade, my standing in this course, and my standing at UAH
- The participation policy as contained in the syllabus
- That I am to monitor my grades through Canvas and check my e-mail daily for updates and/or announcements, as this will be a primary means through which the course instructor will be communicating with me from time to time
- That I must read the handouts that are distributed in class and/or posted on Canvas and it is my responsibility to print and bring the handouts to class with me, in addition to my course text books.
- That this course involves a great deal of physical activity/exercise, and I will be required to be dressed appropriately
- That I am not to have my cell phone out during class. Specifically, I am not permitted to send or receive call or text messages during class and my cell phone cannot be used as a calculator.

Student signature: _____

Date: _____

Confirmed: _____
(Instructor)