LEARN TO BECOME A GROUP EXERCISE INSTRUCTOR RIGHT HERE ON CAMPUS!

Course Number and Meeting Times:

Spring 2014

HFIT 260-001 Aerobic Dance-Exer Inst Wrkshp

Tuesdays & Fridays from 10:20am - 11:35am

2 credits

Course Registration:

There is no prerequisite needed for the course; however the scheduling system may tell you otherwise. If you have trouble registering please contact Michelle Kalicki at mkalicki5@gmail.com. She will be able to grant you access to the course.

Books:

Books will be available for purchase at the student bookstore and will include *ACE's Essentials of Exercise Science* and the *ACE Group Fitness Instructor Manual*. These books are bundled at a discount for students.

The Course:

The course will lay the groundwork for teaching any type of fitness class. The course will be split evenly between classroom learning and hands-on exercise experience. Topics related to anatomy, physiology, training principles, program design, teaching techniques, special populations, injury prevention and more will make up the bulk of the classroom/book work. One class per week will be devoted to sampling and evaluating a variety of group exercise formats, including but not limited to: Yoga, Pilates, Dance, Kickboxing, Circuit Training, Kettlebells, Bootcamp, Step, Strength, Core and Indoor Cycling.

Certification Exam:

As a student of the course you will be able to sit for the American Council on Exercise's Group Fitness Instructor Certification Exam. By passing this exam you will be certified to teach group exercise classes anywhere - this certification is nationally recognized. This exam is offered several times a month at a variety of sites in the DC area. You can take the course whenever you feel ready, but it is recommended that you take it within 3 to 6 months of completing the course. Some additional studying may be required to be 100% prepared for the exam. The exam is not included in the course, but by taking the Exam Prep Course (HFIT 260) you will receive a student discount on the certification exam.

Course Culmination:

At the end of the course you will have the chance to audition to teach fitness classes here at AU!

Additional Learning:

During the course you will have the opportunity to shadow and eventually teach one group exercise class format of your choice for more hands-on practice. This is not a requirement of the course but will help immensely with building your confidence as an instruction and knowledge of a specific class format.

For more information regarding this course please contact Julie at javans@american.edu