

**Grossmont College**  
**Fitness Specialist Certificate Program**  
**ES 294: Program Design for Healthy Adults and Special Populations**  
**Lisa Garrity MA Ed., CSCS**

**Course:** ES 294  
**Instructor:** Lisa Garrity  
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**Office hours:** Tue and Thur – 3-4 pm BY APPOINTMENT

**Required Texts:**

Methods of Group Exercise Instruction. Neiman, Kennedy, C. A. and Yoke, M. M. (2005) Human Kinetics.  
Essentials of Personal Training. Baechle. T. (2005) National Strength and Conditioning Association.

***Recommended:***

American College of Sports Medicine (ACSM) Guidelines for Exercise Testing and Prescription. (2000) Sixth Edition. Williams and Wilkins. (Pocket Version, not the full text)

Clinical Exercise Specialist Manual. Bryant, C. (2002). American Council on Exercise (ACE).

**Required Materials:**

Handout Packet – purchase from the Bookstore  
Calculator (will need periodically)  
Exercise Mat or Beach Towel (will notify when needed)

**Course Description**

This course addresses functional topics of personal training and group exercise leadership. The course also addresses learning about and working with special populations. Information focuses on knowledge and skills (behaviors) associated with leading others to become more educated, fit and healthy. Students will develop skills related to planning, instructing (discussing and demonstrating) exercise instruction to individuals and groups. In addition to general leadership development, information regarding exercise and special populations related to cardiac conditioning, physical disabilities, diabetes, sensory impairment, seniors, mentally impaired, pregnancy, and infectious diseases will be emphasized.

**Student Learning Outcomes:**

**ES 294 – Exercise Program Design for Healthy Adults and Special Populations**

Upon successful completion of this course, students will demonstrate knowledge and skill in developing exercise programs for healthy adults and selected special populations, including but not limited to:

1. Conducting client consultations to gather health history and personal information needed to develop an effective and appropriate exercise program.
2. Understanding and applying established fitness industry standards and guidelines for exercise program design.
3. Applying established guidelines to exercise program design for either one-on-one client relationships or group exercise classes.

## **ES 294 -- Course Objectives**

### **Leadership for all Fitness Instructors**

1. Evaluate leadership qualities of an effective fitness instructor.
2. Analyze different communication skills needed for a personal trainer vs. a group exercise leader.
3. Recognize methods for enhancing and maintaining motivation to exercise.
4. Investigate and discuss current trends in the fitness field.
5. Recognize legal issues and responsibilities of a personal trainer and group exercise leader.
6. Demonstrate how to monitor aerobic intensity.
7. Investigate motivation for behavior change and exercise adherence.
8. Demonstrate proper exercise technique using various types of resistance equipment.
9. Identify proper exercise sequence based on client goals.

### **PT Leadership**

1. Identify the ideal model of a personal trainer.
2. Obtain and apply information from interviews and assessments to design a specific client's exercise program.
3. Formulate an exercise plan and evaluate the implementation process.

### **Group Fitness Leadership**

1. Identify the roles and responsibilities of the group exercise leader.
2. Examine and discuss group class formats.
3. Discuss and analyze choreography structure.
4. Discuss and demonstrate how to use music to affect movement intensity.

### **Special Populations**

1. Evaluate and implement basic guidelines for working with individuals with health conditions and/or special needs.
2. Identify exercise testing and prescription for various special populations.
3. Develop and evaluate an exercise program for various populations.

### **Class Format**

Course consists of lecture, discussion, exercise demonstrations and practice, student participation, and group work. The lectures will often contain information not found in the text book, and consequently we will not cover all of the material in the text, so students are encouraged to take good notes in order to succeed in this course. Selecting a buddy to get handouts and take notes for you on days you may not be in class is a good idea. Class begins on time and will last the entire scheduled time period. Arriving late and/or leaving early is unacceptable, and will result in a reduction of your grade or may result in being dropped from the class. Absences will also negatively affect your performance and grade in this course.

*Students with disabilities who may need accommodations in this class are encouraged to notify the instructor and contact Disabled Student Programs and Services (DSP&S) early in the semester so that reasonable accommodations may be implemented as soon as possible. Students may contact DSP&S in person in room 110 or by phone at (619) 644-7112 (voice) or (619) 644-7119 (TTY for deaf.)*

## Grading

Your grade will be determined by the number of total points you earn throughout the semester. Grades are assigned on an absolute scale. In other words, your work is **NOT** graded on a curve. Grade points are earned via the following activities:

- Written Exams 125 points total
  - 3 exams worth 25 points each
  - Final is comprehensive and is worth 50 points
- Case Study Presentation and Written Report 100 points (partner project)
- Group Exercise Leadership Demonstration 5 points
- Class Participation 10 points
- Homework Assignments 10 points
- Miscellaneous Extra Credit Opportunities up to 10 points

### Grading Scale

Points	% of Max	Grade
225 +	90% +	A
200 – 224	80-89 %	B
175 – 199	70-79 %	C
150 – 174	60-69 %	D *
< 149	<60 %	FAIL *

**PLEASE NOTE: You must obtain a C or better to pass this course and be eligible to participate in the internship component during the summer session.**

### Explanation of Grading Criteria

#### Written Examinations (125 points possible)

- There will be four exams. The first three will be tests covering the topic area for the previous weeks. The Final is comprehensive and covers all material discussed during the course. See exam schedule below.
- Exams will be a combination of true/false, multiple choice and fill in questions.
- If you must miss a test, speak to the instructor **ahead of time** to discuss if other arrangements can be made.
- **MAKE UP EXAMS ARE NOT GIVEN, unless an unforeseen emergency arises and written documentation is provided to the instructor. Contact the instructor IMMEDIATELY if an emergency arises.**

#### Tentative Schedule for Exams (subject to change):

- Exam 1 – Thursday February 19
- Exam 2 – Thursday March 26
- Exam 3 – Thursday April 30
- Final Exam – Thursday May 21

## **CASE STUDY PROJECT – 100 points total**

### **Case Study Group Presentation (50 points total)**

Case study groups will consist of 2 students per group. Each student will interview and develop a training program for the other student. The components of the project include

- Initial Client Assessment (Health History/Lifestyle Questionnaire) and Risk Factor Evaluation
- Written Cardio Respiratory Training Program
- Written Muscular Strength and/or Endurance Conditioning Program
- Flexibility and Balance Components
- The prescription should include the first 6-8 weeks of training.

You will be presenting your case study recommendations to the class. Each student will present the information for their partner. Presentation limited to 10 minutes total. Drawings for presentation dates will be done about mid way through the semester.

### **Case Study Written Report (50 points total)**

This is the written component of the Case Study Presentation. Each student will prepare a full written report of the information gathered during the interview and program development process. Students will receive specific project information in class before Spring Break.

### **Group Exercise Leadership Demonstration (5 points)**

You will be responsible for instructing the whole class in the execution of an exercise for a given body part, using a specified type of resistance. You will draw the component of the group exercise class you will be presenting from an envelope. You will have time to prepare to present one of the following components: warm-up; cardio training; muscular strength/endurance; or flexibility/stretching. You may also choose a specialty format such as yoga or pilates if you have the knowledge and skill to present one of these formats.

You will be graded on how well you adhere to established guidelines for the modality you choose and your teaching/cueing/leadership/coaching skills.

### **Class Participation (10 points total)**

- Input and participation is expected. Asking questions and sharing personal experience or current information from newspaper articles or magazines is encouraged, but must be reviewed by the instructor before presenting.
- Regular attendance is absolutely critical for success in this course. Material will be presented in class that is not included in the textbook.
- Arriving on time, staying the entire class period, and behaving appropriately are all contribute to this portion of your grade.
- **No absences or tardiness will be excused. The instructor may choose to drop any student who has more than 3 absences or excessive tardies.**
- **Your class participation grade will be dropped .5 points for every absence.**
- Everyone in class should choose a buddy who can retrieve class handouts and provide notes missed for any class periods you miss.

### **ABSENCE POLICY**

Any class missed is an absence, regardless of the reason. If you miss class due to an illness, injury, appointment, vacation, wedding, dog, grandma, car problem, or ANYTHING it is an absence.

Doctor's notes will not excuse an absence. All missed work MUST be made up to remain in the class.

**If you miss more than 3 classes OR you are late 6 times OR a combination of the two, you may be dropped from the course.** It is the student's responsibility to add, drop or withdraw from this course by the established deadlines. If your name remains on my roster at the end of the semester you will receive an appropriate grade. If you miss class for any reason it is your responsibility to have a buddy or other student provide you the information that you missed. The instructor cannot provide missed material and you WILL be responsible for the information on the exams.

## Miscellaneous “Extra Credit” points (up to 10 points)

Examples of “Extra Credit” opportunities that can help you increase your point total if needed.

Activity	Possible Points
Cholesterol and/or Blood Pressure screening – conducted during the current semester	1 pt each
CPR certification or re-certification – course taken during this semester	2 pts
Reading and summarizing a published journal article or study on a subject related to course content.	1 pt each max 5 pts total
Donate Blood	1 pt
Shadowing a fitness trainer or group exercise class at a community center + written worksheet	1 pt each max 5 pts total

## Computer use/expectations

Although this is not a computer based class, there is an expectation that you are familiar with basic computer operations and that you have access to a computer for class projects. The Tech Mall in the Library is available for those that need additional assistance or need access to computers. The majority of the class material will be presented using Power Point slides and students will have access to the BlackBoard Computer Teaching Resource to retrieve course materials and monitor progress.

*Students are referred to enroll in the following supervised tutoring course if the service indicated will assist them in achieving or reinforcing the learning objectives of this course. You can take this syllabus with you to the Tech Mall as a referral to use the Tech Mall or to sign up for any of the following courses:*

- *IDS 198, Supervised Tutoring to receive tutoring in general computer applications in the Tech Mall*
- *English 198W, Supervised Tutoring for assistance in the English Writing Center (Room 70-119)*
- *IDS 198T, Supervised Tutoring to receive one-on-one tutoring in academic subjects in the Tutoring Center (Room 70-229, 644-7387)*

*To add any of these courses, students may obtain Add Codes at the Information / Registration Desk in the Tech Mall.*

*All Supervised Tutoring courses are non-credit/non-fee. However, when a student registers for a supervised tutoring course, and has no other classes, the student will be charged the usual health fee.*

## Websites and CD-ROMS

### GROSSMONT COLLEGE HEALTH EDUCATION WEBSITE:

[www.grossmont.edu/hed](http://www.grossmont.edu/hed)

Links to credible internet sources for health, nutrition, and fitness information. These will help the research portion of your program design project and can provide answers to health-related questions in the future.

### CLASS WEBSITE:

[www.grossmont.edu/lisagarrity](http://www.grossmont.edu/lisagarrity)

Basic class information and schedule.

All students will be enrolled in the BlackBoard Computer Resource module for ES 294. Be sure to check this site weekly for class updates and related information.

## Classroom Rules

If you choose to stay enrolled, you are committing to the responsibilities that come with this class. The following rules outline expectations for appropriate student conduct:

- 1) **TURN OFF CELL PHONES AND PAGERS** (leaving during class time to answer phone calls is unacceptable and will be counted as a “tardy” on your record.
- 2) You are responsible for checking in with the instructor each day before the lecture begins as this is the method roll is taken.
- 3) If you fail to check in prior to the lecture, or arrive after the lecture has started, it will be marked as a “late arrival.” If you leave early, you will be marked as “early departure.” Excessive “late arrivals” and “early departures” will negatively impact your grade. Do not make plans to do other things when you should be in class.
- 4) If you must leave early on a rare occasion, please tell the instructor before class begins.
- 5) After 3 absences you will be dropped. 4 or more absences will result in a full letter grade drop if you choose to remain enrolled.
- 6) Please take care of your need for food and visiting the restroom before coming to class. **THERE IS NO FOOD ALLOWED IN THE CLASSROOM.**
- 7) If there are any empty seats in front of you when class begins, please move up. No sitting in the back of the room when there are seats available closer to the front.
- 8) **Staple** any homework that has multiple pages prior to coming to class (the instructor does NOT have a stapler.) Paper clips or turning over the corners of your homework is not acceptable, and the assignment will be returned to you and not be graded if you do this.
- 9) During exams, all cell phones must be placed in your backpack or pocket. You may NOT use the calculator function on the cell phone during exams. All hats must be removed during exams.
- 10) Exams begin on time – if you arrive late to a test, you will lose  $\frac{1}{2}$  a point for every minute you are late.
- 11) Rude behavior is inappropriate in a college classroom, so please refrain from the following:
  - a. Talking with your classmates during the lecture. It disturbs students around you and is very rude to the instructors and other class presenters.
  - b. Arriving to class late or leaving early.
  - c. Putting away your notebooks early – this class will go the entire class period, and notes should be taken up to the very end!
- 12) **If you are caught cheating on any requirements for the class you will receive a failing grade for the course and will be directed to meet with the Dean of the Exercise Science Department.**