General Information
Instructor: Matthew Segovia, M.S.
Email: mdsegovia@utep.edu
Office Hours: By appointment – scheduled as needed
Course Textbook: ACSM’s Resources for the Group Exercise Instructor. Wolters Kluwers/LWW
Class time: MGYM M/W 6:00pm – 7:20pm

Prerequisites: KIN 3331, KIN 4312

Course Description
This course aims to provide students with the knowledge, leadership, communication and logistical skills necessary to design and implement an exercise science-based group exercise program, and prepare them to get certified as Group Exercise Instructors. The course focuses on how to plan effective, safe group sessions for different fitness levels across multiple exercise modalities.

Course Objectives:
• Be introduced to new and practical methods to teach exercise
• Use an understanding of human anatomy, biomechanics, and exercise physiology to teach and explain body movement
• Understand how to adjust exercise modalities to take into consideration fitness levels, special populations, injuries, etc.
• Perform proper health screenings and determine specific needs of individuals
• Design and implement safe, effective, and appropriate exercise routines
• Understand proper safety protocols as well as conflict resolution

The hybrid section of KIN 4238 and conducting class sessions:
• During weeks 8-15 class sessions will be fully active and require total participation from the class. This means you must be prepared to perform regular physical activity that your peers will lead. You will learn more about this in due time.

<table>
<thead>
<tr>
<th>Individual Grade Components</th>
<th>Value</th>
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<tbody>
<tr>
<td><strong>Practical sessions:</strong></td>
<td></td>
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<tr>
<td>Practical module 1</td>
<td>600</td>
</tr>
<tr>
<td>Practical module 2</td>
<td>200</td>
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<tr>
<td>Practical module 3</td>
<td>200</td>
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<tr>
<td>Exams:</td>
<td></td>
</tr>
<tr>
<td>Exam 1</td>
<td>200</td>
</tr>
<tr>
<td>Exam 2</td>
<td>100</td>
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<tr>
<td>Final Case Study/ program design</td>
<td>100</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td>1000</td>
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</tbody>
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Grading Scale
A: 90-100% of 1000;  B: 80-89%;  C: 70-79%;  D: 60-69%;  F: Below 60% of 1000
**Exams:** All exams will be taken in class on Blackboard using your personal laptop. If you don’t know how to take a quiz on Blackboard, go to the Technology Support Center on the third floor of the UTEP library and learn how to do that. All exams will be taken in class on Blackboard using your personal laptop. If you don’t know how to take a quiz on Blackboard, go to the Technology Support Center on the third floor of the UTEP library and learn how to do that.

**Course Project:** The course project is a 3-page paper over a specific medical condition that I will assign you. It will require research on the condition and a designed training program for an individual with the condition. The goal of the paper is to create a program that will be safe and effective for the individual to complete in an effort to improve their level of fitness or quality of life.

**Attendance Policy:** Attendance will be taken for the practical class sessions of the course. Student absences will result in a negative impact on the grade for the course. The last day to **drop this course is October 29th, 2021** without receiving a ‘W’ or failing grade.

**Course Content**
See the class schedule for approximate dates for each covered topic.

**University Policies and Resources**

**Changes to this syllabus:** The course schedule may be altered by the instructor, with sufficient notice being provided to students.

**Cheating, Plagiarism, Scholastic Dishonesty, and Student Discipline:** Cheating is obtaining a reward for ability by dishonest means. It is unethical and not acceptable. Plagiarism occurs whenever a student quotes, paraphrases or summarizes another person's work without providing correct citation. Plagiarism occurs whether the work quoted is a book, article, website, reader's guide like Cliffs Notes or SparkNotes, another student's paper, or any other source. An entire essay is fraudulent even if only a single sentence is plagiarized. **Do not submit work under your name that you did not do yourself, ever.** You may not submit work for this class that you did for another class. If you cheated or plagiarized, you will be subject to disciplinary action as stated in the UTEP undergraduate catalog policy.

“Scholastic dishonesty (which includes the attempt of any student to present the work of another as his or her own, or any work which s/he has not honestly performed, or attempting to pass any examination by improper means) is a serious offense and will subject the student to disciplinary action. The aiding and abetting of a student in any dishonesty is held to be an equally serious offense. All alleged acts of scholastic dishonesty should be reported to the Dean of Students for disposition. It is the Dean of Students’ responsibility to investigate each allegation, dismiss the allegation, or proceed with disciplinary action in a manner which provides the accused student his or her rights of due process.” Refer to [http://www.utep.edu/dos/acadintg.htm](http://www.utep.edu/dos/acadintg.htm) for further information.

UTEP has a site license for **Turnitin.com**, a plagiarism detection site that you can also use to check your own work for this or other classes to prevent getting in trouble. If you want to test your understanding of plagiarism, take the self-assessment at [http://education.indiana.edu/~frick/plagiarism](http://education.indiana.edu/~frick/plagiarism) or visit [http://www.turnitin.com](http://www.turnitin.com)

When an assignment specifies that you must perform a task individually, asking for your classmates’ help is **collusion** and thus scholastic dishonesty. Any instances of scholastic dishonesty will be reported to the Dean of Students Office.

**Deadline Policy and Late Assignments:** It is essential that you regularly visit the course schedule and Blackboard website prepared to work. Once a deadline has passed, you can no longer turn in your work for credit. Plan carefully to ensure you meet the deadlines. If you wait until the last minute, things that can go wrong often do.
Start early so you have time to deal with problems and are still able turn in your assignments on time. Do not procrastinate!

**Missed Tests:** All assignments will strictly follow UTEP’s attendance policy. Any missed assignment that does not meet the requirements of an excused absence will be counted as a 0. If you are going to / or miss an assignment and you believe the absence is excusable, you must contact the Professor within 24 hours of the assignments due date. Emailing later in the semester about missing grades, even if the absence was excused, will not be accepted. It is the student’s responsibility to keep track of when assignments are due and also communicating to the Professor when absences happen.

**Covid-19 Precautions:** Please stay home if you have been diagnosed with COVID-19 or are experiencing COVID-19 symptoms. If you are feeling unwell, please let me know as soon as possible, so that we can work on appropriate accommodations. If you have tested positive for COVID-19, you are encouraged to report your results to covidaction@utep.edu, so that the Dean of Students Office can provide you with support and help with communication with your professors. The Student Health Center is equipped to provide COVID 19 testing. The Center for Disease Control and Prevention recommends that people in areas of substantial or high COVID-19 transmission wear face masks when indoors in groups of people. The best way that Miners can take care of Miners is to get the vaccine. If you still need the vaccine, it is widely available in the El Paso area, and will be available at no charge on campus during the first week of classes. For more information about the current rates, testing, and vaccinations, please visit epstrong.org

**Students in Need of Assistance:** UTEP seeks to provide reasonable accommodations for all qualified individuals who need accommodations or support for their learning. This university adheres to all applicable federal, state, and local laws, regulations and guidelines with respect to providing reasonable accommodations as required, affording equal educational opportunity. It is the student's responsibility to register with the Center for Accommodations and Support Services: http://sa.utep.edu/cass/ in the UTEP Union Bldg. East Wing, Room 106 within the first two weeks of classes, and inform the faculty member to arrange for appropriate accommodations or support.

The CASS Office can also be reached in the following ways: Web: http://cass.utep.edu/; Phone: (915) 747-5148 voice or TTY; Fax: (915) 747-8712; E-Mail: cass@utep.edu

**Campus Safety and Emergencies Notifications:** Information Technology at UTEP provides emergency notification via your mobile phone. Visit http://www.utep.edu/it for more information and registration. Check the UTEP website for health-related information and updates.

**Blackboard Help:** Students can receive help on blackboard 24/7 by calling 915-747-4357 and selecting option number 2, or by visiting https://www.utep.edu/technologysupport/ServiceCatalog/Student_Services.html

**Important Dates:**
- September 6 – Labor Day; no class
- October 29 – Drop Deadline
- November 25-26 – Thanksgiving Holiday; no class
- December 2 – Last day of classes
- December 3 – Dead Day
- December 6-10 – Final Exam week
<table>
<thead>
<tr>
<th>Week</th>
<th>Date</th>
<th>Topic Covered</th>
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| 1    | August 22 – 28 | Syllabus & Intro  
Equipment Familiarization |
| 2    | August 29 – Sept 4 | Chapter 1&2 – Profile of an instructor/profile of a participant  
Programming practical session (to be used next session) |
| 3    | September 5 – 11  
No classes on 6th | Training session (class designed) |
| 4    | September 12 - 18 | Chapter 5 – Communication skills: adherence and motivation  
Exam 1 |
| 5    | September 19 - 25 | Chapter 6&7 – Teaching your class/Conflict resolution  
Chapter 8&9 – Special conditions/Specialty classes |
| 6    | September 26 – Oct 2 | Chapter 11&12 – Exercise science  
Chapter 13 – Nutrition intro/RPE evaluation |
| 7    | October 3 – 9 | Team formation – Project intro  
Exam 2 |
| 8    | October 10 - 16 | Module 1 – Total class training  
Teams 1&2 |
| 9    | October 17 - 23 | Team 3&4 |
| 10   | October 24 - 30 | Team 5 / Intro to Module 2 (PLP, injury, special pop)  
Drop Deadline – October 29 |
| 11   | October 31 – Nov 6 | Module 2  
Team 1&2 |
| 12   | November 7 - 13 | Team 3&4 |
| 13   | November 14 - 20 | Team 5 Intro to module 3 (advanced training)  
Begin Module 3 Team 1 |
| 14   | Nov 21 - 27 | Team 2&3  
November 25-26 – no class: Thanksgiving |
| 15   | Nov 28 – Dec 2  
Dec 3 – Dead Day | Team 4&5  
Course project due Dec 2 by 11:59pm |
| 16   | Dec 6 - 10 | Final Exam Week |

** All online assignments are due by 11:59pm the Saturday of the assigned week!**