



# GROUP FITNESS CERTIFICATE

## PROFESSOR

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Miesha Wilson, MBA is an entrepreneur and gym owner with a passion for group fitness. She revolutionized group fitness in Cleveland, OH and has won several awards as a master fitness trainer and group fitness curriculum writer. Miesha has a passion for education and fitness.

## CONTACT INFORMATION

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## ONLINE SUPPORT (IT) AND MOODLE NAVIGATION:

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All members of the Lakewood University community who use the University's computing, information or communication resources must act responsibly. Support is accessible by calling 1-800-517-0857 option 2 or by emailing [info@lakewood.edu](mailto:info@lakewood.edu)

## BOOKS AND RESOURCES

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AFAA Primary Group Instruction Manual, 2015

## EVALUATION METHOD

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Graded work will receive a numeric score reflecting the quality of performance.

Course Requirement Summary

- Assignments - Total of 600 Points
- Tests – Total of 300 Points
- Forums – 320 Points
- Final Writing Project - 150 Points
- Final Exam – 50 Points

## GRADING SCALE

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Graded work will receive a numeric score reflecting the quality of performance as given above in evaluation methods. The maximum number of points a student may earn is 1420. To determine the final grade, the student's earned points are divided by 1420.

Your overall course grade will be determined according to the following scale:

A = (90% -100%)  
B = (80% - 89%)  
C = (70% - 79%)  
D = (60% - 69%)  
F < (Below 60%)

## ACADEMIC INTEGRITY/ PLAGIARISM:

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Cheating (dishonestly taking the knowledge of another person whether on a test or an assignment and presenting it as your work) and plagiarism (to take and pass off as one's own the ideas or writing of another) are a serious issue. While it is legitimate to talk to others about your assignments and incorporate suggestions, do not let others "write" your assignments in the name of peer review or "borrow" sections or whole assignments written by others. We do get ideas from life experiences and what we read but be careful that you interpret these ideas and make them your own.

I am aware that many types of assignments are available on the internet and will check these sources when there is legitimate suspicion.

Penalty is a zero on the assignment. In cases where there is a major or continuous breach of trust, further discipline, such as an "F" in the course, may be necessary.

The major consequence of any form of cheating is damage to your character and the result of trust and respect.

## DISABILITY ACCOMMODATIONS

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Students who have a disability and wish to request an academic accommodation should contact Jim Gepperth, the Disabilities Services Coordinator and Academic Dean. The student can request an accommodation at any time although it is encouraged to do so early in the enrollment process. The student should complete an accommodation request form which begins a conversation between the school and the student regarding the nature of their disability and an accommodation that would help the student succeed in their program. The school may request documentation regarding the disability to address the accommodation request effectively. The school will communicate to the student the type of accommodation arranged. This process typically follows a team approach, bringing together persons from the academic department (including the instructor) and personnel from other departments as necessary. Additional information on disability accommodations may be found in the Lakewood University Catalog.

Disability Services Email: [disabilityservices@lakewood.edu](mailto:disabilityservices@lakewood.edu)

## SUPPLEMENTAL TEXTS

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You can use the following resources to assist you with proper source citation.

American Psychological Association Style Guide- [https://www.mylakewoodu.com/pluginfile.php/118179/mod\\_resource/content/1/APA%20Style%20Guide%207th%20edition.pdf](https://www.mylakewoodu.com/pluginfile.php/118179/mod_resource/content/1/APA%20Style%20Guide%207th%20edition.pdf)

The Purdue OWL website is also a helpful resource for students. Here is a link to the OWL website: [https://owl.purdue.edu/owl/research\\_and\\_citation/apa\\_style/apa\\_formatting\\_and\\_style\\_guide/general\\_format.html](https://owl.purdue.edu/owl/research_and_citation/apa_style/apa_formatting_and_style_guide/general_format.html)

## LIBRARY

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Mary O'Dell is the Librarian on staff at Lakewood University

She is available by appointment. You can make an appointment with her by emailing her at [modell@lakewood.edu](mailto:modell@lakewood.edu) or call at 1-800-517-0857 X 730

You may also schedule a meeting at this link: <https://my.setmore.com/calendar#monthly/r3a761583354923270/01032020>

She can assist you with navigating LIRN, research, citations etc.

## SUPPORT

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Each student at Lakewood University is assigned a Success Coach. Your Success Coach exists to assist you with academic and supportive services as you navigate your program. They will reach out to you, often, to check-in. Please use the resources they offer.

Student Services is available to assist with technical questions regarding Lakewood University and all services available to you.

1-800-517-0857 option 2  
info@lakewood.edu  
studentservices@lakewood.edu

## CAREER SERVICES

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Students are offered Career Services at any point as they journey their academics at Lakewood University.

1-800-517-0857 option 2  
careerservices@lakewood.edu

## LESSONS

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TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #1	<ul style="list-style-type: none"><li>This lesson provides the foundation of exercise and introduces the essentials of exercise science. Upon completion of this lesson, students gain the introductory knowledge of the broad scope of exercise as well as group fitness.</li></ul>	Read Syllabus Read Chapters 1-3 Power Points Complete Assignment "Kinesiology of what?" Complete Forum "Essentials of exercise" Test Chapters 1-3 Lesson Evaluation		Objective 1
Lesson #2	<ul style="list-style-type: none"><li>This lesson is an overview of the anatomy of the human body. Upon completion of this lesson, students understand the major areas and functions of the human body.</li></ul>	Read Chapter 4 Power Point Complete Assignment "The anatomy of exercise" Complete Forum "Choose a part" Test Chapter 4 Lesson Evaluation		Objective 1
Lesson #3	<ul style="list-style-type: none"><li>This lesson builds upon lesson one providing skills and best practices for applying exercise knowledge. Upon completion of this</li></ul>	Read Chapter 5-6 Power Point Complete Assignment "Training and recommending"		Objective 3

lesson, students will begin to apply their exercise knowledge through case studies and interactive assignments.

Complete Forum "What Do You Think Now?"  
Test Chapter 5 & 6  
Lesson Evaluation

<b>TITLE</b>	<b>COURSE TOPIC</b>	<b>READINGS/ASSIGNMENTS</b>	<b>DUE</b>	<b>OBJECTIVES</b>
Lesson #4	<ul style="list-style-type: none"><li>This lesson is an overview of nutrition and introduces students to the basics of nutrition science. Upon completion of this lesson, students will know the important elements of nutrition science.</li></ul>	Read Chapters 7-9 Power Points Complete Forum "Is nutrition all food?" Complete Assignment "Recommending a diet" Test Chapter 7-9 Lesson Evaluation		Objective 1 Objective 2

<b>TITLE</b>	<b>COURSE TOPIC</b>	<b>READINGS/ASSIGNMENTS</b>	<b>DUE</b>	<b>OBJECTIVES</b>
Lesson #5	<ul style="list-style-type: none"><li>This lesson builds upon lesson four and explores the intricacies of how supplements interact with the body as well as how they impact fitness as well as group fitness. Upon completion of this lesson, students will be able to identify the major supplement groups as well as when to use them.</li></ul>	Read Chapter 12 - 13 Power Points Complete Forum "Supplement or bust" Complete Assignment "The impact of supplements" Test Chapter 12 & 13 Lesson Evaluation		Objective 2 Objective 3

<b>TITLE</b>	<b>COURSE TOPIC</b>	<b>READINGS/ASSIGNMENTS</b>	<b>DUE</b>	<b>OBJECTIVES</b>
Lesson #6	<ul style="list-style-type: none"><li>This lesson focuses on many safety aspects of fitness to include nutrition, exercise practice, and advising clients.</li></ul>	Read Chapter 14-16 Complete Forum "Safety in nutrition" Power Points Complete Assignment "Give me advice" Test Chapter 14-16 Lesson Evaluation		Objective 2 Objective 3

<b>TITLE</b>	<b>COURSE TOPIC</b>	<b>READINGS/ASSIGNMENTS</b>	<b>DUE</b>	<b>OBJECTIVES</b>
Lesson #7	<ul style="list-style-type: none"><li>This lesson builds upon lesson six and identifies the most common emergency responses. Students are introduced to best practices in emergency responses as they relate to fitness and group fitness.</li></ul>	Read Chapter 17 – 19 Complete Forum "Common injuries" Complete Assignment "First responder" Power Points Test Chapter 17-19 Lesson Evaluation		Objective 2

<b>TITLE</b>	<b>COURSE TOPIC</b>	<b>READINGS/ASSIGNMENTS</b>	<b>DUE</b>	<b>OBJECTIVES</b>
Lesson #8	<ul style="list-style-type: none"><li>This lesson teaches students how to teach</li></ul>	Read Chapters 20-21 Power Points		Objective 5

fitness. Students are introduced to best practices within teaching as well as case studies of successful group fitness instructors.

Complete Forum "Technique"  
 Complete Assignment "Effective instruction"  
 Test Chapters 20-21  
 Lesson Evaluation

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #9	<ul style="list-style-type: none"> <li>This lesson focuses on motivation. Students are introduced to the art of motivation as well as the psychology of motivation.</li> </ul>	Read Chapter 24-29 Power Points Complete Forum "Effective Communication" Complete Assignment "Motivation has psychology" Test Chapter 24-29 Lesson Evaluation		Objective 5

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #10	<ul style="list-style-type: none"> <li>This lesson is designed to introduce students to teaching multiple skill levels. Students are introduced to the intricacies of differentiated instruction and best practices within it.</li> </ul>	Read Chapter 35-39 Power Point Complete Forum "Special instruction?" Complete Assignment "Differentiated instruction" Test Chapter 35-39 Lesson Evaluation		Objective 5

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #11	<ul style="list-style-type: none"> <li>This lesson focuses on using tools like the mat to perform group fitness activities. Students learn about this history of major fitness tools (like the mat) and how to effectively use them in group fitness instruction.</li> </ul>	Read Chapter 44 & 45 Complete Forum "Client acquisition" Complete Assignment "Choose the tools" Complete Assignment "Present your rate" Lesson Evaluation		Objective 5 Objective 6

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #12	<ul style="list-style-type: none"> <li>This lesson focuses on teaching populations with special physical or cognitive needs.</li> </ul>	Read Article Complete Forum "Special populations" Complete Assignment "Cognitive connection" Lesson Evaluation		Objective 2

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #13	<ul style="list-style-type: none"> <li>This lesson is designed to teach students the unique approaches and best practices for fitness instruction among youth participants.</li> </ul>	Read Supplemental Reading Complete Forum "Youth exercise" Complete Assignment "Group youth teaching!" Complete Assignment "AFAA 5 Questions" Lesson Evaluation		Objective 4 Objective 5

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
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Lesson #14

- This lesson introduces students to the fundamentals of business as well as how to manage a gym or fitness center.
- Read Harvard Business Review Complete Forum "Your business"  
Complete assignment "Legal jargon"  
Lesson Evaluation

Objective 6

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #15	<ul style="list-style-type: none"> <li>• This lesson is an overview of business law and how to maintain an operation within the limits of law.</li> </ul>	Read Legal Article Complete Assignment "Legal and Ethical Business" Complete Forum "Professionalism" Complete Quiz Lesson Evaluation		Objective 6

TITLE	COURSE TOPIC	READINGS/ASSIGNMENTS	DUE	OBJECTIVES
Lesson #16	<ul style="list-style-type: none"> <li>• This final lesson is a culmination of all the previous lessons where students are required to apply their acquired knowledge of exercise science, group fitness, nutrition, and business management in an end of program project.</li> </ul>	Complete Forum "Closing thoughts" Complete Assignment "Final Project" Submit the Fitness Business Plan Lesson Evaluation		Objective 5

## DESCRIPTION

The Lakewood University All-Inclusive Group Fitness Certificate Program offers premium fitness knowledge with empirical data and qualified instructors. This program is designed for exam preparedness. Additionally, upon completion, graduates are eligible to sit for multiple nationally recognized certifications. The program includes weekly online and practical assignments that incorporate fitness training services, typical facility tasks, and mentoring. The Lakewood University Group Fitness Certificate Program provides the foundation for aspiring group fitness instructors and gym operators to gain the skills and knowledge necessary for group fitness success.

### Program Objectives

1. Apply the theoretical information and subject matter (e.g., anatomy, exercise physiology, nutrition, and kinesiology) to the design and delivery of group exercise classes.
2. Formulate the appropriate response(s) for general safety issues such as injury prevention, preexisting conditions, special populations, and emergency response protocol in a group exercise setting.
3. Outline and appropriately apply the AFAA fitness training recommendations according to the Basic Exercise Standards and Guidelines in group program design.
4. State and appropriately apply the AFAA 5 Questions™ when evaluating exercise selection and technique.
5. Integrate the areas of instructional technique, cueing, music usage, exercise sequencing, and choreography within a group exercise class setting.
6. Incorporate professionalism in his/her practice by following the Code of Ethics and related legal guidelines.

## OBJECTIVES

1. Apply the theoretical information and subject matter (e.g., anatomy, exercise physiology, nutrition, and kinesiology) to the design and delivery of group exercise classes.
2. Formulate the appropriate response(s) for general safety issues such as injury prevention, preexisting conditions, special populations, and emergency response protocol in a group exercise setting.

3. **Outline and appropriately apply the AFAA fitness training recommendations according to the Basic Exercise Standards and Guidelines in group program design.**
4. **State and appropriately apply the AFAA 5 Questions™ when evaluating exercise selection and technique.**
5. **Integrate the areas of instructional technique, cueing, music usage, exercise sequencing, and choreography within a group exercise class setting.**
6. **Incorporate professionalism in his/her practice by following the Code of Ethics and related legal guidelines.**