

THE UNIVERSITY OF WESTERN ONTARIO  
FACULTY OF HEALTH SCIENCE  
SCHOOL OF KINESIOLOGY  
GROUP FITNESS ± Kin 2907 6

Instructor: Sarah Langford Email: [sarah.langford@sympatico.ca](mailto:sarah.langford@sympatico.ca), [slangfo2@uwo.ca](mailto:slangfo2@uwo.ca)  
Class Hours: Mondays 8:30-10:30, Wednesdays 8:30-10:30, Friday 8:30-9:30

COURSE DESCRIPTION

Group Fitness is an introduction to fitness activities that are taught in a group setting including (but not limited to): indoor cycling, step, kick box, aqua fitness, mixed aerobics, muscular conditioning, interval training and stretch classes.

COURSE OBJECTIVES

1. To understand the experiences of individuals who choose group fitness as part of an active healthy lifestyle.
2. To acquire fundamental knowledge and skills of a fitness instructor, and to demonstrate these skills.
3. To critically examine fitness classes and identify components needed to conduct a safe and effective class for all levels of fitness.

STUDENT EVALUATION

Assignment (20%,\*10% deduction without attendance slips)  
There will be one written assignment to be completed during the course. This will be



## COURSE CONTENT

### WEEK 1:

Mon. HiLo Class .

WEEK 4:

- Mon. Group Practice  
Begin Group Practice, establish groups for presentations  
Assign components to be taught for each member
- Wed. Group Practice and Discuss Marking Scheme  
Meet with each component and discuss marking scheme  
Continue group work and lesson planning
- Fri. Group Practice  
Lesson Plan Due!  
Assignment Due!  
Exam Review!

WEEK 5: \*\*attendance is required

- Mon. THANKSGIVING ±NO CLASS!
- Wed. Group Presentations (2)
- Fri. Group Presentation (1)

WEEK 6:

- Mon. Group Presentations (2)
- Wed. Written Exam, 8:30 am to 10:30 am, Location TBA
- Fri. No class (Drop in if necessary)





## STUDENT CODE OF CONDUCT

The purpose of the Code of Student Conduct is to define the general standard of conduct expected of students registered at Western University, provide examples of behaviour that constitutes a breach of this standard of conduct, provide examples of sanctions that may be imposed, and set out the disciplinary procedures that the University will follow.

For more information, visit

<http://www.uwo.ca/univsec/board/code.pdf>

## ENGLISH PROFICIENCY FOR THE ASSIGNMENT OF GRADES

Visit the website <http://www.uwo.ca/univsec/handbook/exam/english.pdf>

## SUPPORT SERVICES

There are various support services around campus and these include, but are not limited to:

1. Student Development Centre <http://www.sdc.uwo.ca/ssd/>
2. Student Health- <http://www.shs.uwo.ca/student/studenthealthservices.html>
3. 5 H J L V W U D - <http://www.registrar.uwo.ca/>
4. Ombuds Office- <http://www.uwo.ca/ombuds/>