

Glendale College

Course Outline of Record Report

Course ID 003007
Cyclical Review - November 2025

KIN155 : Group Fitness Instruction

General Information

Author:	<ul style="list-style-type: none"> Erin Calderone
Attachments:	Minutes 12_13_24 (2).docx DE Addendum_KIND_155 COR_9:27:2023 CoDE_11:28:2023.pdf
Course Code (CB01) :	KIN155
Course Title (CB02) :	Group Fitness Instruction
Department:	KIN
Proposal Start:	Fall 2026
TOP Code (CB03) :	(0835.20) Fitness Trainer
CIP Code:	(31.0507) Physical Fitness Technician.
SAM Code (CB09) :	C - Clearly Occupational
Distance Education Approved:	Yes
Will this course be taught asynchronously?:	Yes
Course Control Number (CB00) :	CCC000506844
Curriculum Committee Approval Date:	11/26/2025
Board of Trustees Approval Date:	01/13/2026
Last Cyclical Review Date:	11/26/2025
Course Description and Course Note:	KIN 155 covers the theory and practice of designing and leading group fitness classes, including: safety and risk management, group exercise session design, effective demonstration and instruction, providing motivation, and considerations for participant needs. Students practice designing and leading group fitness sessions in various formats, and discuss trends and gaps in the group fitness industry. This course prepares students to take a third-party group fitness instructor (GFI) certification exam.
Justification:	Mandatory Revision
Academic Career:	<ul style="list-style-type: none"> Credit
Mode of Delivery:	<ul style="list-style-type: none"> In-Person Remote Hybrid
Author:	No value
Course Family:	No value

Academic Senate Discipline

Primary Discipline:	<ul style="list-style-type: none"> Kinesiology
Alternate Discipline:	<ul style="list-style-type: none"> Physical Education
Alternate Discipline:	No value

Last Course Offering

When was this course last offered (term and year)?

Spring 2025

Course Development

Basic Skill Status (CB08)

Course is not a basic skills course.

Allow Students to Gain Credit by Exam/Challenge

Course Special Class Status (CB13)

Course is not a special class.

Pre-Collegiate Level (CB21)

Not applicable.

Grading Basis

- Grade with Pass / No-Pass Option

Course Support Course Status (CB26)

Course is not a support course

General Education and C-ID

General Education Status (CB25)

Not Applicable

Transferability

Transferable to CSU only

Transferability Status

Approved

Units and Hours

Summary

Minimum Credit Units (CB07)	3
Maximum Credit Units (CB06)	3
Total Course In-Class (Contact) Hours	90
Total Course Out-of-Class Hours	72
Total Student Learning Hours	162

Credit / Non-Credit Options

Course Type (CB04)

Credit - Degree Applicable

Noncredit Course Category (CB22)

Credit Course.

Noncredit Special Characteristics

No Value

Course Classification Code (CB11)

Funding Agency Category (CB23)

Credit Course.

Not Applicable.

Cooperative Work Experience Education Status (CB10)

Variable Credit Course

Weekly Student Hours

	In Class	Out of Class
Lecture Hours	2	4
Laboratory Hours	3	0
Studio Hours	0	0

Course Student Hours

Course Duration (Weeks)	18
Hours per unit divisor	54
Course In-Class (Contact) Hours	
Lecture	36
Laboratory	54
Studio	0
Total	90
Course Out-of-Class Hours	
Lecture	72
Laboratory	0
Studio	0
Total	72

Time Commitment Notes for Students

No value

Units and Hours - Weekly Specialty Hours

Activity Name	Type	In Class	Out of Class
No Value	No Value	No Value	No Value

Prerequisites, Corequisites, Recommended Corequisites, and Recommended Preparation

Advisory

KIN167 - Weight Training and Conditioning I

Objectives

- Demonstrate proper lifting technique for basic resistance, cardiorespiratory, flexibility and balance training exercises.
- Identify appropriate resistance exercises to train major muscle groups.
- Describe the principles of fitness.

AND

Advisory

BIOL115 - Human Biology

Objectives

- Identify the body systems, their organs and functions.
- Explain the homeostatic mechanisms of human organ systems.
- Describe the cause and effect of selected major diseases and conditions of the human body.

AND

Advisory

ABSE186 - Essentials in Reading and Paragraph Writing

Outcomes

- Use reading comprehension strategies in order to respond with critical analysis.
- Analyze and use evidence from given texts to support claims.

OR

Advisory

ESL151 - Reading and Composition V (in-development)

Objectives

- Read and critically analyze various academic readings.
- Summarize readings.
- Employ basic library research techniques.

OR

Advisory

ABSE187 - Preparation for College Reading and Composition

Outcomes

- Read, analyze, and evaluate concepts within literary and nonfiction texts.

Entry Standards

Entry Standards	Description
Perform moderate physical activity.	No Value

Course Limitations

Cross Listed or Equivalent Course	Description
No value	No value

Requisite Validation

Upload Statistical Validation and/or other documents (if necessary)

No Value

Specifications

Methods of Instruction

Methods of Instruction	Lecture
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Methods of Instruction	Laboratory
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Methods of Instruction	Demonstrations
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Methods of Instruction	Discussion
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Methods of Instruction	Multimedia
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Methods of Instruction	Guest Speakers
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Methods of Instruction	Presentations
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Methods of Instruction	Field Activities (Trips)
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Out of Class Assignments

- Case study analysis (e.g. written analysis of a fitness video)
- Written assignments (e.g. design a group exercise session to meet specific objectives)
- Project (e.g. create and video a 10-minute core workout)

Methods of Evaluation

Description of Activity/Interaction

Exam/Quiz/Test

Quizzes

Exam/Quiz/Test

Midterm exams

Presentation (group or individual)

Performance exams (e.g. lead a group exercise session)

Exam/Quiz/Test

Final exam

Textbook Rationale

This is the most updated version of the textbook, which is a required text for the third-party certification.

Textbooks

Author	Title	Publisher	Date	ISBN
Cedric X. Bryant et. al.	ACE group fitness instructor handbook : the professional's guide to creating memorable movement experiences	American Council on Exercise, San Diego, California	2018	9781890720681

Other Instructional Materials (i.e. OER, handouts)

No Value

Learning Outcomes

Course Objectives

Design group fitness routines applying principles of exercise.

Lead group exercise sessions effectively, demonstrating and cuing exercises with appropriate form and modifications.

Provide appropriate motivational and correctional cues and feedback during group exercise sessions.

Evaluate the efficacy of example group exercise sessions for both design and delivery.

SLOs

Design a group exercise session based on scientific principles and evidence-based practice. Expected Outcome Performance: 70.0

<i>ILOs</i> Core ILOs	Analyze and solve problems using critical, logical, and creative thinking; ask questions, pursue a line of inquiry, and derive conclusions; cultivate creativity that leads to innovative ideas.
	Demonstrate depth of knowledge in a course, discipline, or vocation by applying practical knowledge, skills, abilities, theories, or methodologies to solve unique problems.
<i>KIN</i> KIN 155	Apply fundamental science of kinesiology to assess, design, and lead fitness programs for diverse groups.
	Demonstrate knowledge, skills and abilities required for the American Council on Exercise (ACE) Group Fitness Instructor exam.
	Lead a group fitness session demonstrating correct execution, instruction and cuing of exercises.
	Utilize universal risk management strategies.

<i>KIN</i> Fitness Specialist Certificate	Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.	
	Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.	
<i>KIN</i> Fitness Specialist A.S. Degree	Apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population.	
	Demonstrate knowledge, skills and abilities required for the ACE Personal Trainer and Group Fitness Instructor exams.	
<i>PE</i> PE 221	Demonstrate proficiency in kickboxing techniques.	
<i>KIN</i> PE 112	Use principles of exercise to design a group indoor cycling workout.	
<i>KIN</i> Fitness Specialist - A.S. Degree Major	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population	
	apply knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams	
<i>KIN</i> Fitness Specialist - Certificate	apply fundamental science of kinesiology to assess, design, implement and lead fitness programs for individuals and groups in a diverse population	
	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams	
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Utilize universal risk management strategies.

Expected Outcome Performance: 70.0

<i>KIN</i> KIN 155	Apply fundamental science of kinesiology to assess, design, and lead fitness programs for diverse groups.
	Demonstrate knowledge, skills and abilities required for the American Council on Exercise (ACE) Group Fitness Instructor exam.
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<i>PE</i> PE 221	Demonstrate proficiency in kickboxing techniques.
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<i>KIN</i> PE 112	Use principles of exercise to design a group indoor cycling workout.
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<i>KIN</i> Fitness Specialist Certificate	Utilize universal risk management strategies.
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<i>KIN</i> Fitness Specialist A.S. Degree	Utilize universal risk management strategies.
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	demonstrate knowledge, skills and abilities required for the NASM-CPT and AFAA-GFI exams
	utilize universal risk management strategies

Additional SLO Information

Does this proposal include revisions that might improve student attainment of course learning outcomes?

No

Is this proposal submitted in response to learning outcomes assessment data?

No

If yes was selected in either of the above questions for learning outcomes, explain and attach evidence of discussions about learning outcomes.

No Value

SLO Evidence

No Value

Course Content

Lecture Content

Introduction to Group Fitness Instruction (4 hours)

- Group Fitness Instructor responsibilities
- Knowledge, skills and abilities
- Scope of practice
- Certification requirements
- Specialized certifications
- Pre-screening and risk stratification
- Fitness assessment in group exercise
- Liability issues

Exercise Science Review (4 hours)

- Basic biomechanics
- Musculoskeletal anatomy/kinesiology
- Exercise physiology

Group Exercise Session Design (12 hours)

- Safety and injury prevention
- Population needs, including commonly overactive and underactive muscles
- Equipment for group exercise
- Goals and objectives
- Exercise selection
- Warm-up and movement prep
- Cardiovascular exercises
- Balance exercises
- Core exercises
- Resistance exercises
- Cool-down and transition
- Flexibility exercises
- Timing and choreography
- Music selection
- Rest periods and water breaks

Group Exercise Session Delivery (6 hours)

- Demonstration
- Verbal and non-verbal cuing
- Participant learning preferences
- Feedback
- Motivation
- Group dynamics
- Dealing with disruptions
- Participant monitoring
- Adapting class to participant needs
- Professionalism and presentation personality
- Creating class flow

Specialized Class Formats (2 hours)

- Indoor cycling
- Mind-body formats
- Branded classes
- Bootcamp
- High Intensity Interval Training (HIIT)

Participant Considerations (4 hours)

- Inclusivity and avoiding bias
- Adapting to participant needs
- Musculoskeletal injuries
- Children and youth

- Pregnancy
- Older adults
- Chronic diseases
- Obesity and size considerations

Considerations for Virtual Fitness Classes (4 hours)

- Virtual group fitness classes
- Online group fitness classes (asynchronous)
- Technology
- Presentation and delivery
- Effective cuing in a virtual space
- Music licensing considerations

Total hours: 36

Laboratory/Studio Content

Group Fitness Instruction Lab (54 hours)

- Pre-choreographed, pre-designed and freestyle classes
- Choreographed vs. non-choreographed
- Organization of participants
- Intro
- Warm-up/movement prep
- Body of workout
- Cool-down/transition
- Outro
- Mic usage
- Music selection
- Rhythm and timing
- Demonstration of exercises
- Delivery of cues and feedback
- Hand signals Instructional cues
- Motivational cues
- Feedback cues
- Observation of participants
- Adapting class to participant needs
- Class reflection and professional growth
- Performance evaluation

Total hours: 54

Additional Information

Repeatability

Not Repeatable

Justification (if repeatable was chosen above)

No Value

Is it possible this course will have a material fee?

No

I have contacted my library liaison (<https://campusguides.glendale.edu/faculty/liaisons>):

Yes

What term(s) will this course be offered?

Spring

Will any additional resources be needed for this course? (Click all that apply)

- No

If additional resources are needed, add a brief description and cost in the box provided.

No Value