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# SPRING 2024

## Group Fitness Instructor Training Course

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**Course Meeting Dates:** March 25<sup>th</sup> through May 13<sup>th</sup> 2024

**Course Meeting Times:** Mondays and Wednesdays 2-4pm (attendance both days is required) as well as weekly small group practical sessions.

**Course Location:** Recreation Center Room 117

**Enrollment Requirements:** Interested applicants must submit the following by Wednesday, March 22, 2024:

- 3-minute video teaching a class format of interest
- Fill out and submit this form: <https://forms.gle/pKprktNbcvHKKYEH8>

Accepted applicants will receive an email confirming enrollment with further instructions. Enrollment not guaranteed.

**Contact Information:** for questions and video submissions

**Jill Isabelle**

Assistant Director Group Fitness

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### Course Description:

The UMass Recreation and Wellbeing Instructor Training Course is a 8 week course during which students will learn all of the necessary information and skills to become a certified group fitness instructor. Students will be trained in preparation for obtaining a nationally accredited fitness certification such as ACE Group Fitness Instructor, Schwinn or Zumba® YogaFit, Pilates or equivalent. In addition, students will learn the technical and interpersonal communication and instruction skills necessary to be an effective group fitness instructor. Employment is not guaranteed and is dependent upon successful completion of the course requirements including shadowing hours, small group practical sessions, and a final interview and audition.

Key topic areas covered include:

- The Group Fitness Industry
- Foundations of Exercise Science
- Human Anatomy
- Teaching Exercise Technique
- Class Planning and Preparation
- Intentional Sequencing
- Adapting to Class Dynamics
- Risk Management
- Inclusivity, Community, and Belonging
- Class Engagement and Motivation
- Presence

### Required Texts/Material:

The following textbook will be provided to all students to borrow for the duration of the course. All books are property of UMass Campus Recreation and must be returned at the conclusion of the course.

ACE (2018). *Ace Group Fitness Instructor Handbook*

Discount available to all students interested in taking the ACE Certification Exam.