

Master Syllabus

ENS 2317 - Methods of Teaching Lab

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 1.0

Lab Hrs: 3.0

Date Revised: March 2016

Course Description:

This course will look at the practical application of teaching. Best practices for training and teaching in the industry will be explored. The student will have hands-on exposure and experience instructing a variety of modalities. Three lab hours per week.

General Education Outcomes:

- Critical Thinking/Problem Solving Competency

Course Outcomes:

Exercise Programming

Present and judge research available for content and validity.

Assessment Method: Simulations

Performance Criteria:

Student scores 70% or higher on skills assessment.

Best Practices

Recognize best practices in program design for group fitness and strength and conditioning.

Assessment Method: Locally developed exams

Performance Criteria:

Correctly answer 70% or higher of exam questions.

Program Design

Conduct a class (group fitness) or a personal training session, including modifications that accommodate the best for clients or participants.

Assessment Method: Performance appraisals

Performance Criteria:

Student scores 70% or higher on skills assessment.

Outline:

Best practices for teaching
Safety
Program design and modification
Structure, organization and evaluation of classes and program design
Exploration and development of a teaching style
Anatomy, kinesiology and the function of body systems
Industry trends