

## Master Syllabus

### ENS 2417 - Methods of Teaching

**Division:** Health Sciences

**Department:** Exercise Science

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Date Revised:** September 2017

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### 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.

### General Education Outcomes:

- ▣ Oral Communication Competency
- ▣ Critical Thinking/Problem Solving Competency

### Course Outcomes:

#### Exercise Programming

Design and perform an exercise program.

**Assessment Method:** Simulations

**Performance Criteria:** Student scores 70% or higher on skills assessment.

#### Program design

Analyze and evaluate a program design.

**Assessment Method:** Performance appraisals

**Performance Criteria:** Student scores 70% or higher on skills assessments.

#### Best Practices

Apply best practices for teaching.

**Assessment Method:** Locally developed exams

**Performance Criteria:** Correctly answer 70% of exam questions.

### 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