

Master Syllabus

ENS 2417 - Methods of Teaching

Division: Health Sciences

Department: Exercise Science

Credit Hour Total: 3.0

Lecture Hrs: 3.0

Date Revised: February 2014

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:

- ▣ Critical Thinking/Problem Solving
- ▣ Oral Communication

Course Outcomes:

Best Practices

Apply best practices for teaching.

Assessment Method: Locally developed exams

Performance Criteria: Correctly answer 70% of exam questions.

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.

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