

# PDP FT 304 Fitness Instructor Training

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Meets twice per week: 2.0 Credit

## Course Description:

This course will prepare the student to take the group exercise instructor certification exam through the Aerobics and Fitness Association of America (AFAA) and learn how to design safe and innovative fitness classes to inspire people to exercise.

## Required Text:

Fitness Theory & Practice (2010) 5<sup>th</sup> edition; this textbook is the official preparatory textbook for AFAA's Group Exercise Certification. Can be ordered on line at [www.afaa.com](http://www.afaa.com)

## Learning Outcomes:

- This course will prepare students to pass the Aerobics and Fitness Association of America (AFAA) group exercise certification
- Students who successfully complete PDP 304 and pass the AFAA exam may be given an opportunity to teach FitRec fitness classes
- After completion of the course, students will be able to create an innovative and safe fitness class
- Classes are divided between practical workshops and theoretical seminars in anatomy, body alignment, sports nutrition, exercise physiology, athletic conditioning, and flexibility

## Grading Breakdown:

Grading will be based on attendance, participation/practical, and assignments:

- 10% Class attendance
- 10%: Shadow one other FitRec fitness class instructor during the semester
- 30%: Complete practical workshop assignments
- 50%: Students will be required to teach a PDP fitness class at the end of the semester for a final practical grade
- You will receive a grade of **P** (pass)/ **F** (fail) upon completion of this course.

## Grading Policy:

This class will be graded Pass/Fail, based on attendance. Please visit the [Registrar's website](#) often to view relevant deadlines! Below is a list of possible grades you may receive in this class:

P – Pass: Completed course requirements, 80% or more classes attended

W – Withdraw: If you drop this class after the specified deadline, you will receive a “W” grade.

MG - Missing Grade: If you decide you do not want to take this course, but forget to drop it, this grade will appear on your transcript. You will still be allowed to graduate and it will not affect your overall GPA, however you are strongly encouraged to drop this course within the allotted deadline to avoid this grade. Dropping before the deadline will remove this class from your transcript entirely.

**I – Incomplete:** If you fail to meet the attendance requirements of this course, you will receive an “I” until you have made up all missed classes. Please make arrangements with your instructor to do so within the following semester. Your grade will be changed to a “P” once you have made up all classes.

**AU- Audit:** If you intend to audit this class, please fill out and ask your instructor to sign a Class Adjustment/AU form and turn it in to the Registrar’s Office by the deadline.

**F- Fail:** It is very unlikely that you will receive a failing grade. Your instructor is happy to work with you to make up any missed classes. A grade of “F” will only be given in extenuating circumstances.

**Attendance Policy & Make-Up Classes:**

Because this class is graded on attendance and learning is cumulative, it is important that you attend each class. You will need an 80% attendance record to receive a passing grade. You are allowed 3 absences. If you have more than 3 absences, you will need to arrange to make up the classes you have missed. You can do this by attending PDP FT 112, 114, 115, 125 or 212.

Make-up slips may be obtained at the PERD office on the second floor of FitRec or on the first floor of the Fitness Center. They must be signed by the instructor of the make-up class and turned into either your instructor. Please contact the instructor of the make-up class that you would like to attend so that they can plan accordingly. It is your responsibility to keep track of your attendance record and make up any classes you have missed.

For a detailed explanation of PDP credit class policies, information on registration, or schedules please visit the FitRec’s website: <http://www.bu.edu/fitrec/about/physical-education/>

**Course evaluations:**

Evaluations will be sent via email at midterm and at the end of the semester. Please take the time fill these out – your feedback is very important to us!

**Student Conduct:**

Boston University’s codes of conduct are enforced at the Fitness and Recreation Center at all times. Use of Boston University facilities is a privilege and participants are expected to be good citizens and respect the rights of others. Individuals who engage in unacceptable or irresponsible behavior may have their access to the Fitness and Recreation Center revoked or modified indefinitely as determined by the Executive Director of Physical Education, Recreation and Dance. Students may be subject to further university disciplinary action as outlined in the Boston University Code of Student Responsibilities ([www.bu.edu/dos/policies/student-responsibilities](http://www.bu.edu/dos/policies/student-responsibilities)).

**Tentative Schedule - Dates for each lecture/activity are subject to change.**

<b>Date</b>	<b>In-Class</b>	<b>Reading</b>	<b>Preparation</b>
Day 1	Introduction, syllabus		
Day 2	General Wellness Class Format	Chapters:1, 2, 10, 24, 26-29, 31	
Day 3	Class Observation Fitness Fundamentals L131 (use the 5 questions of AFFA)		Choose a class to evaluate and write up for 2/10
Day 4 (4 court gym)	Warm-up demo		Have a 5 minute warm-up ready for 2/8
Day 5	Exercise Physiology	Chapters 3-6	
Day 6 (4 court gym)	Warm up practical		
Day 7	Anatomy and Kinesiology	Chapter 7, pages 57-81	
Day 8	Cardiorespiratory/Muscle Endurance	Chapters 17, 20	
Day 9 (4 court gym)	Cardiorespiratory-aerobic training demo		Have a 5 minute cardio/aerobic session ready for 2/24
Day 10	Bones/Planes of Motion review Basic Guidelines Class evaluation discussion	Chapter 17	Turn in your class evaluation
Day 11 (4 court gym)	Cardio/aerobic practical		
Day 12	Basic Guidelines/Principles of Exercise Training Recovery	Chapter 17	
Day 13	Nutrition		
Day 14	Flexibility		
Day 15 (4 court gym)	Strength training Demo		Have a strength training routine ready for 3/23
Day 16	Post Rehab/Injury prevention		
Day 17 (4 court gym)	Strength Training practical		Design a group ex class work-out routine Have a stretching routine ready for 3/28

Day 18 (4 court gym)	Stretching demo/stability ball demo		
Day 19 (4 courts)	Stretching practical/ How to use the Bosu/Medicine Balls		
Day 20 L131	Body Bars/Bands/kickboxing basics		Start putting together a group ex class format
Day 21 L131	Group ex Class Discussion		
Day 22	Group ex Class Practical		
Day 23	Group ex class practical		
Day 24	Professional Responsibilities & Business Strategies  Special Populations/ Practical discussion	Chapters 17, 44, 45 Chapters 35, 36, 38, 40	
Day 25	Practice exam		