

# Implementing Group Fitness Classes at EOU

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# Group Fitness

- According to Healthy Population, “the latest exercise trend” sweeping the world is group fitness
- Becoming increasingly more popular because:
  - Length of the classes
  - Total body workout you receive
  - Motivation from a team environment and instructor

# Group Fitness Benefits

- Benefits of a qualified instructor designing your workout:
  - Programs are researched and developed by an experienced team of doctors, trainers and physiologists so that moves are simple, safe and effective in getting the results that they promise
  - All programming is refreshed and enhanced every few months to keep you challenged and to keep the excitement going

# Group Fitness Dynamics

- Offer a variety of different classes, everything from kickboxing to yoga
- Classes typically only meet twice a week, and last 45 minutes to an hour



# Group Fitness Dynamics

- Different classes for different levels of fitness
  - Offering class choices anywhere from beginner to the advanced fitness person
  - Another benefit is the unique nature of these classes, attracting newcomers to the world of fitness



# Group Fitness Atmosphere

- Being pushed by an instructor, along with the group/team atmosphere of group workout classes offers many people the needed motivation to attend workout classes as well as push themselves during these sessions
  - According to Everyday Health, “You're more likely to complete a well-rounded exercise routine and get a potentially tougher workout with group fitness sessions”

# Group Fitness Lacking at EOU

- Currently EOU offers its users a great facility with top of the line, up to date equipment
- EOU is lacking the opportunity for facilitated workouts



# INTACT Program

- Group fitness classes can be implemented through the INTACT program at EOU
- Classes taught on campus and generally taught by students
- Student must submit INTACT course proposal form

# INTACT Proposal Form

## INTACT COURSE PROPOSAL

**THIS PROPOSAL MUST BE RETURNED TO THE INTACT OFFICE NO LATER THAN THE FRIDAY, FEBRUARY 19TH**

NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

PHONE: \_\_\_\_\_

PROPOSED TITLE OF COURSE: \_\_\_\_\_

INSTRUCTOR OF RECORD: \_\_\_\_\_

\*\*\* The Instructor of Record is a member of the teaching faculty who has agreed to act as an advisor or supervisor for your class. The Instructor of Record will submit grades and sign add/drop forms for students. Please suggest the name of an instructor with whom you are comfortable working. If you do not know someone we will find an instructor for you.

TEACHING QUALIFICATIONS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*\*Please list your experience with the subject matter of the course. This may include personal exploration of the subject, a teaching license, and more. Please provide as much information as is relevant.

COURSE GOALS:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

\*\*\*Please tell us the purpose of your class and what you hope the students will learn.

GRADING CRITERIA:

\_\_\_\_\_  
\_\_\_\_\_

\*\*\*Usually, students are evaluated on attendance/participation. Generally, 70-80% participation is equivalent to a passing grade. Please list any assignments or extra requirements that will be calculated into the student grade.

# INTACT Proposal Form

## COURSE DESIGN:

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\*\*\* Please provide a week-by-week breakdown of your class itinerary. This should include a clear description of the course format, including lecture or discussion topics, any speakers, activities, trips, etc.

## MATERIALS/RESOURCES NEEDED:

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\*\*\* Please list any books or equipment the student will need to take the course. Also list any materials that you will need to teach the course. Include titles and authors of these materials. Please let us know if you will need overheads and copies as well. Please note that we do not approve all materials requested. If they are approved, all materials are the property of INTACT and must be returned to the office at the end of the term.

## MEETING DATES AND TIMES:

\*\*\* List the tentative dates and times you would like to hold class. Reminder, INTACT classes are only one credit, and your meeting time(s) should reflect that.

## USE OF COLLEGE FACILITIES:

\*\*\* The INTACT office will help you find a classroom for your class. If there is a specific classroom that you care to use, please list it here. If your class has special requirements for a room, let us know.

MAXIMUM CLASS SIZE PREFERRED: \_\_\_\_\_

Once we receive your class proposal we will begin the approval process. An outline of this process is included at the end of this document. If you have any questions, please feel free to contact us.

# Compensation for Teaching INTACT Classes

- Currently instructors are not compensated in any way
  - They don't even receive credit as they would if they were taking the class
  - According to the INTACT director Molly Litchfield, "Last year the program pushed for getting a credit waiver for the class if the instructor decides to take it themselves too, but the administration was pretty stringent on not allowing that to happen"

# Proposed Compensation for Teaching INTACT Classes

- A solution to offering instructors incentives for teaching the proposed group fitness classes would be offering a class for instructors of INTACT classes
- This class would be run like a class in which you get practicum credits for experience you are gaining
  - The amount of credits you are able to receive is usually based on the amount of work you do, and up to the discretion of your teacher
  - The average amount of credits is anywhere from 1-6, depending on the time spent, the work in relation to your major, and the quality of the work documented to the professor
- Because group fitness classes are related to physical activity and health, the professor in charge of this particular practicum would need to be a teacher from the physical activity and health department

# Experience

- Completing the proposal form and organization portion of the class, as well as instructing is a great experience for students pursuing careers in:
  - Coaching
  - Teaching
  - Administration
  - Personal Training
  - Nutrition
- Also looks good on resume as experience

# Location

- Classes usually held in a large, open room with mirrors lining the walls
- Aerobics-type room located in Quinn Athletic facility
  - Comes equip with aerobic steps and light pound weights

# Location

- Aerobic room in Quinn



# Location

- Aerobic Room in Quinn



# Implementation of Proposal

- Implement a practicum class for INTACT instructors of physical education and health classes
  - Will provide incentives to instructors for their time
  - Will make teaching an INTACT class more appealing

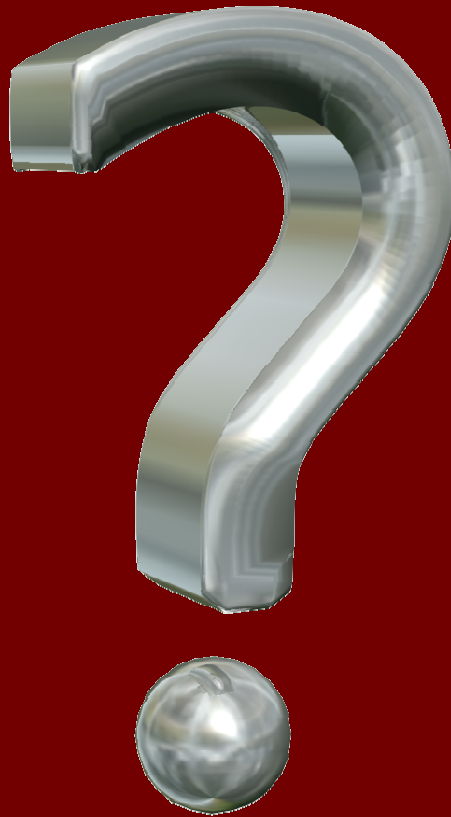
# Sustainability

- In order to allow the plan to be sustainable, it must appeal to the students as well as the instructors of the classes
- Goal is to keep people coming back
  - Have students who have previously participated in the classes eventually teach them, allowing the program to continue even through the cycling of students as they graduate

# Benefits to the Campus Community

- Large number of students on campus who put an emphasis on working out, as well as many who are seeking careers in the physical activity and health field
- Only option right now is a local club, posing a costly alternative
- Implementation will allow students to improve their physical health, diversify their education, and improve overall quality of life, all while receiving credits for taking or teaching the group fitness classes

# Questions/Comments



# References

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