



Texas State University - Campus Recreation
ACE Group Fitness Instructor Certification Prep Course
Syllabus Spring 2019

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Course Description: The American Council on Exercise (ACE) Group Fitness Instructor Certification Prep Course is designed to equip participants with the knowledge and skills needed to sit for the ACE Group Fitness Instructor Certification Exam and prepares prospective instructors to lead safe and effective group fitness classes. The ACE Group Fitness Instructor Certification Prep Course is required to work for Campus Recreation as a Group Fitness Instructor. If hired, a nationally recognized group fitness instructor certification will be required. The course is a non-credit, extracurricular opportunity.

Course Format: Participants will learn the fundamentals of group fitness instruction and exercising the human body through various fitness formats in the Weekend Intensive ACE Prep Course followed by 8 weeks in the Fitness Instructor Training. The Fitness Instructor Training includes ACE approved curriculum, both lecture and movement based instruction and learning, and shadowing (observational and practical). In addition to the Fitness Instructor Training, participants will also attend ONE fitness class/ONE class format regularly (shadow class) instructed by a current member of the fitness team.

General Course Requirements:

- PART 1: Weekend Intensive ACE Prep Course (2 days)(Student Recreation Center)
 - February 9th and February 10th 9:00am-4:30pm (both days)
- PART 2: Fitness Instructor Training (FIT) (4 weeks)(Student Recreation Center)
 - Wednesdays: 4:00-5:30PM
 - Fridays: 1:30-3:00PM
- Shadow Class (8 weeks)(Student Recreation Center)
 - Day/times TBD

Attendance & Timeliness: Attendance is required to the Weekend Intensive ACE Prep Course, Fitness Instructor Training, and weekly shadow class. Attendance will be taken regularly. Missed classes, assignments, and quizzes in the Fitness Instructor Training due to a documented family/medical emergency or pre-approved travel can be made up. An absence request must be given at least 24 hours in advance. You must arrive on time. Persistent tardiness is equal to absence. If you need to leave early you must contact the course instructors at least 24 hours in advance. Leaving early without permission is equivalent to an absence.

Assignments: There will be several assignments from the workbook throughout the Fitness Instructor Training. Students will have one week to complete each assignment.

Student Evaluation:

- **MINI Audition (pass/fail):** There will be one mini audition and one final audition. The mini audition is a pre-requisite to practical shadowing and recommendation for hire.
- **FINAL Audition (pass/fail):** The final audition will be required to demonstrate competency in chosen format/teach classes on summer schedule.

Requirements for Hire:

- Must hold & maintain a Group Fitness Instructor certification through a nationally recognized organization (AFAA, ACE, ACSM, etc.) within 6 months of hire date
- Successful completion of the Weekend Intensive ACE Prep Course
- Successful completion of the Fitness Instructor Training
- Must hold & maintain CPR/AED & First Aid certification
- Must complete Blood Borne Pathogen Training, TRACS, and Student Worker Safety Training

Required Materials:

ACE Group Fitness Instructor Handbook (must be purchased separately)

ACE Group Fitness Instructor Exam Voucher (must be purchased separately)

Course Overview:

PART 1: Weekend Intensive ACE Prep Course

Saturday and Sunday: February 9th & 10th

9:30am-4:30pm (both days)

PART 2: Fitness Instructor Training (FIT):

Week 1: February 13th & 15th

Wednesday: Welcome to the Fitness Instructor Training

Friday: Moving to the Music

Week 2: February 20th and 22nd

Wednesday: Group Fitness Class Components

Friday: Group Fitness Class Components

Week 3: February 27th and March 1st

Wednesday: Format Specific Training

Friday: Format Specific Training

Week 4: March 6th and March 8th

Wednesday: Practice for Mini Auditions

Friday: Mini Auditions

Weeks 5 – 8: Practical Shadowing March 11th – April 12th

SPRING BREAK: March 18 – March 22 Shadow Classes WILL NOT meet

Final Auditions April 15th – 19th

PLEASE NOTE: Completion of this course DOES NOT guarantee employment with TXST Campus Recreation. Treat this course like an ongoing interview. Be on time. Ask questions. Actively participate. Demonstrate a willingness to learn. Be teachable. Respect yourself, each other, and your course instructors.