Instructor: Leah Sanders & Hayley Halkovic
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Course Description: This training is required to work for University Recreation and prepares prospective instructors for taking the ACE or AFAA group fitness instructor certification exam. This course will focus on the basics of teaching group fitness classes and is the first step to becoming a UREC Group Fitness Instructor. Attendance is required throughout the six weeks of lecture and practical sessions and attending ONE fitness class regularly. After these six weeks, participants will complete an additional six weeks of shadowing/instructing this same fitness class followed by an audition before employment.

Course Format: FIT is scheduled on Tuesdays & Thursdays and will meet for 6 consecutive weeks. Course components include theoretical content/lectures and hands-on practical experience in the fitness rooms. Participants will then complete an additional six weeks of shadowing a fitness class followed by an audition before employment. The course will be 12-weeks in total.

General Course Requirements & Expectations:
- Classes are Tuesdays/Thursdays from 3:30-5:00PM
  - Tuesday (SRC Classroom)
  - Thursday (SRC 256, 245, & 252)
- Shadow classes TBD

Attendance & Timeliness: Attendance is required! There will be attendance taken regularly. Missed classes, assignments, and quizzes due to a documented family/medical emergency or pre-approved travel can be made up. An absence request must be given to me at least 24 hours in advance. Missed assignments and quizzes without prior approval will not be rescheduled. You must arrive on time. Persistent tardiness is equal to absence. You must remain in class for the entire class session. If you need to leave early you must contact the course instructors one day in advance. Leaving early without permission is equivalent to an absence.

Assignments: There will be 7 assignments from your workbook worth 10 points each (total of 70 points). Each assignment will be due at the beginning of lecture on Wednesdays.

Exams & Quizzes: There will be one exam (multiple-choice and short answer) and one quiz (multiple choice).

Student Evaluation:
- Final Exam 50 points
- Final Workout 20 points
- Audition 50 points
- One quiz 10 points
- Each assignment is worth 10 points (7 assignments=70 points)
- There are total of 200 points available through the initial 6-weeks
- This class is Pass/Fail
- You must receive a “PASSING” grade before continuing the 6-week shadowing process

Grading Distribution
150-200 points Passing (75-100%)
0-149 points Fail (0-74%)