GROUP FITNESS INSTRUCTOR PREP COURSE
COURSE OVERVIEW

COURSE PURPOSE:
This course will prepare aspirational Group Fitness Instructors to transition successfully into their careers. Guiding students on a journey from student to instructor, this course provides important knowledge related to the human body and fitness, as well as prepares students for the communication and instruction skills they'll need to be successful in the group fitness setting.
WHO SHOULD APPLY?

- **Current...**
  - Exercise Science students
  - Health promotion and wellness students
  - Fitness Enthusiasts
  - Public Health interest

- **Future...**
  - Corporate Wellness Professional
  - Fitness Instructor
  - Wellness Coach
  - Physical Therapist
  - Occupational Therapist
  - Personal Trainer
  - Gym Manager/Owner
  - Physical Therapy Assistant
  - Massage Therapist
  - Wellness Manager
  - Public Health Professional
  - Sport Coach
  - Physical Education Instructor
WHY SHOULD YOU GET CERTIFIED?

• Deeper health and fitness knowledge
• Creates new opportunities to gain experience
• Increases likelihood of being hired after graduation
• Enhances degree
• Opportunity for additional income
• Relative to all careers health and fitness related
COMMON NCCA CERTIFICATIONS

• National Academy of Sports Medicine (NASM)/Athletics and Fitness Association of America (AFAA)
  • Certified Group Fitness Instructor
  • Certified Personal Trainer

• American College of Exercise (ACE)
  • Certified Group Fitness Instructor

• American College of Sports Medicine (ACSM)
  • Certified Group Exercise Instructor
  • Certified Exercise Physiologist

• National Exercise Trainers Association (NETA)
  • Certified Group Exercise Instructor
AFAA SPECIALIZATIONS

- Exercise Design for Seniors
- FuzeCraze: Dance Drills and Skills
- G.E.A.R.: Indoor Cycling
- Group Exercise: The Practical Ways
- Group Resistance Training: Circuit Training
- Health Coaching Skills
- Jillian Michaels: BODY SHRED
- Kickboxing Skills and Drills
- Practical Pilates
- Practical Yoga Instructor Training
- And Many, many more!
COMMON SPECIALTIES AND LICENSURES

• Schwinn Indoor Cycling Instructor

• Zumba Fitness Instructor

• 200 RYT

• Strong By Zumba

• Aquatic Exercise Association

• Balanced Body Pilates
WHY AFAA GFI PREP COURSE?

• Transfer theory to practice
• Hands-on experience
• Improve content retention
• Learn proper form and technique for a variety of formats
• Develop coaching skills
• Taught by experienced professionals
• Low instructor to student ratio
• Learn program design
• Exam preparation
• Discount Pricing Certification Bundle
  • Online study materials, exam, textbook
COURSE STRUCTURE

• 14 Week Program
• Hybrid Structure
• 1x/week Hands on skill sessions
• Online quizzes, PPTs, videos, study guides, etextbook, and review activities
• Shadowing classes
• Co-teaching
COURSE PREREQUISITES

• Currently a KSU Student enrolled in at least 6 hours
• Demonstrated interest in health, fitness, and/or human performance
• CPR Certified or willing to become certified if accepted into the program
• Interest in becoming a Group Fitness Instructor for OwlFit Fitness Programs
• Ability to attend all scheduled course meetings
COURSE DETAILS

• 10-12 people will be selected
• To participate in the course and be eligible for certification support, participants must:
  • Attend all in-person lectures and skills sessions (Jan. 15 - April 17)
  • Complete all online and homework assignments with 80% or better
  • Complete all shadowing classes
  • Course will end with class audition
  • Must complete program within semester
• Course requires a time commitment equivalent to a 3-hour credit class
GENERAL INFO

• This is not an academic “for credit” class
• This course is free for current KSU students
• The course and the certification are separate
• There will be a cost associated with the certification
• This course does not guarantee a position at KSU
• Participants who complete the course in good standing and are offered and accept a position with OwlFit, are eligible for certification support/reimbursement upon passing the exam
NEXT STEPS

• Next program will begin January 15, 2021
  • Course is tentatively scheduled to meet on Fridays at 11:15am-1:15pm
• Application Deadline: 11/15/20
  • Email application, resume, and cover letter to: Gabby Sciacchitano at gsciach@kennesaw.edu
• For more information visit:
  • https://sportsrec.kennesaw.edu/owlfit/