

Course Descriptions

HPE 105 INTRODUCTION TO EXERCISE SCIENCE

Prerequisite: Eligibility for ENG 101

3 credits

An introduction to the profession of Fitness Training and the five components of physical fitness. This course relates human anatomy and physiology, exercise and nutrition to fitness and their effects on the body.

HPE 113 GROUP EXERCISE INSTRUCTION I

Prerequisite: Eligibility for ENG 101 Co-Requisite: HPE 105

4 credits

This course will provide the student with general theories and fundamentals of group exercise instruction. A framework for pre-participation screening, behavior modification and goal setting with group exercise clients will be taught. It will also provide a sound approach to designing, programming and leading group exercise classes in accordance with established guidelines and recommendations for the group exercise instructor. Students will gain an understanding of exercise science theory specifically related to group exercise as well as the scope and professional role of the group exercise instructor. This course will afford the student practical experiences to apply all methods taught in class.

HPE 213 GROUP EXERCISE INSTRUCTION II

Prerequisite: Successful completion of HPE 105 and HPE 113

4 credits with 50 hour internship

This course is designed to prepare the student for entry into the workforce as a certified group exercise instructor. Approaches to leading advanced and specialty group fitness courses for both healthy and diseased populations will be taught, in accordance with established recommendations and guidelines for the group exercise instructor. Students will also learn about facility design and management, class assessment, work-related problem solving and career development in the group exercise industry. This course also includes a minimum of 50 internship hours to afford the student group exercise experiences realistic to an actual work setting.

HPE 232 FIRST AID & SPORTS INJURY

Prerequisite: Eligibility for ENG 101

2 credits

This course will provide an introduction to basic life support skills and the most prevalent sports related injuries that occur in athletics and exercise. Response to the injury, basic assessment, treatment, and exercise rehabilitation protocols will be discussed for each injury. The importance of injury prevention and post rehabilitation maintenance will also be discussed.

HPE 245 PROGRAMMING AND PRESCRIPTION I

Prerequisite: HPE 105

4 credits

Students will be introduced to the general theories and fundamentals of clinical exercise testing and prescription. This course will allow students to administer safe and health-related components of fitness (aerobic, strength, flexibility and body composition). Students will also be able to interpret test data and apply it to safe and effective exercise prescription.

Your Road To Success Starts Here

Norwalk Community College is a fully-accredited college offering traditional liberal arts, transfer and technical programs leading to an associate degree or specialized training. Our mission is to provide southwest Fairfield County residents with educational excellence through a winning combination of small classes, dedicated faculty, flexible class times and affordable tuition. Each year approximately 9,000 students enroll in our associate degree and credit programs, while an additional 5,500 attend classes through our Extended Studies division. Credits earned at NCC are transferable to four-year universities and colleges.

NCC Campus in Norwalk

188 Richards Ave., Norwalk, CT 06854-1655 www.norwalk.edu

I-95 North or South

Take Exit 13. Turn right onto U.S. 1/Connecticut Avenue. At Shell gas station turn left onto Richards Avenue. Proceed 1/2 mile, East Campus on right, West Campus on left.

Merritt Parkway Northbound

Exit 38. Turn right at the end of the exit ramp onto Route 123 South. Take first left onto Nursery Street. Take first left onto Ponus Avenue. Bear right at the fork onto Fox Run Road. Proceed through the traffic light and bear right around Fox Run School. Turn left at the stop sign onto Richards Avenue. Follow Richards Avenue for one mile. East Campus on the left, West Campus on the right.

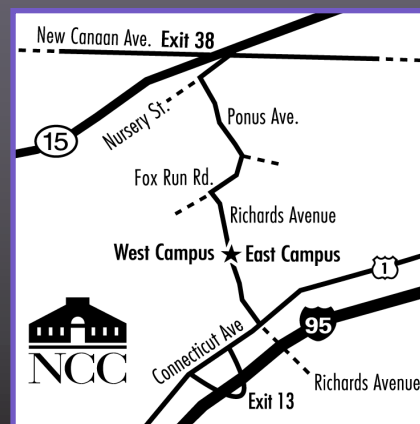
Merritt Parkway Southbound

Exit 38. Turn right at the end of the exit ramp onto Route 123 North. Take first right after going under the Merritt Parkway overpass onto Nursery Street. Follow the directions above.

Public Transportation to NCC Campus

Norwalk Bus – WHEELS Routes 11, 13 and NCC Shuttle stop in front of the East Campus at 188 Richards Ave. Morning and evening shuttle buses run between the South Norwalk train station and the campus. See www.norwalktransit.com for schedules.

Stamford Bus – The F-Route 1 Connecticut Transit buses from Stamford stops at the college. For a timetable call (203) 327-7433.



Group Exercise Instructor Certificate

Provides fundamental and theoretical knowledge and practical skills necessary for instructing in commercial or clinical exercise settings.



This program is funded in whole or in part by the Connecticut Health and Life Sciences Career Initiative (HL-SCI), \$12 million Trade Adjustment Assistance Community College and Career Training grant, as implemented by the U.S. Department of Labor. HL-SCI is an equal opportunity employer. Auxiliary aids and services are available upon request to persons with disabilities.



Norwalk Community College

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GROUP EXERCISE INSTRUCTOR CERTIFICATE PROGRAM

What Group Exercise Instructors Do

Group exercise instructors lead, instruct and motivate groups of individuals in exercise activities, including cardiovascular exercise (exercises for the heart and blood system), strength training and stretching. They work with people of all ages, skill levels and health conditions. Group exercise instructors are also able to provide plans for behavior management to improve personal fitness and wellness of an individual.



Quick Facts

2013 Pay Range:

\$20,000 to \$45,000 (depending on experience)

Entry-Level Education:

High school diploma plus Certification

On-the-job Training:

Short-term on-the-job training

Number of Jobs (2010):

251,400

Job Outlook (2010-20):

24% (faster than average)

Employment Change (2010-20):

60,400

Program Description

The Group Exercise Instructor Certificate at Norwalk Community College is designed to provide fundamental and theoretical knowledge as well as practical skills necessary to assume the role of a group exercise instructor in commercial or clinical exercise settings. The certificate will integrate up-to-date guidelines and recommendations into the curriculum to meet specific job tasks of a group exercise instructor, including but not limited to: class design, leadership and motivation, general exercise testing and prescription and studio management.

Graduates of the certificate will demonstrate sound communication skills, life-long learning, safe and effective exercise programming and compassion for those they work with. This certificate will also prepare the student for the American College of Sports Medicine's Group Exercise Instructor Certification Exam.

Learning Outcomes

Upon completion of the group exercise instructor certificate program, students will:

1. Demonstrate an understanding of related exercise physiology, kinesiology and nutrition related to the group exercise setting;
2. Demonstrate entry level knowledge and skills necessary for safe and appropriate health screenings and exercise assessments;
3. Display sound knowledge and skills needed for group exercise class design and delivery with a variety of populations;
4. Practice sound, prudent, and ethical functions necessary in accordance with the legal and professional scope of the Group Exercise Instructor;
5. Develop leadership, interpersonal and communication skills necessary to be an effective professional in this career path; and
6. Effect continuous improvement of the profession by actively pursuing career development and maintenance of certifications.

Contact Information

For more information, please contact Paul Gallo, Director of Exercise Science and Wellness at (203) 857-7194 or pgallo@norwalk.edu, or Nicole Hafner, Assistant Professor of Exercise Science at (203) 857-7330 or nhafner@norwalk.edu.



The Group Exercise Instructor Certificate program at NCC is made possible by Connecticut Health & Life Sciences Career Initiative. Connecticut Health & Life Sciences Career Initiative is 100% funded by a \$12.1 million grant from the U.S. Department of Labor, Employment & Training Administration TAACCT.

Certificate Requirements

Program of Study (30 credits)

Semester I		Credits
ENG 101	Composition	3
HPE 105	Introduction to Exercise Science	3
HPE 232	First Aid and Sports Injury*	2
HPE 113	Group Exercise Instruction I	4
PSY 111	General Psychology I OR	
SOC 101	Principles of Sociology	3
HPE	Physical Activity elective (2 at .5 credits each)	1
		16
Semester II		Credits
HPE 245	Programming and Prescription I	4
HPE 213	Group Exercise Instruction II	4
BIO 111	Nutrition	3
BMK 201	Principles of Marketing	3
		14

* It is required that all students obtain American Red Cross or American Heart Association CPR/AED for the Professional Rescuer at their own cost. The College will not provide this service. Students are expected to maintain appropriate certification during their course of study and internship experiences.

Student Support System

NCC offers a complete student support system with a variety of services and activities designed to help you enjoy a successful college career.

- Career Center
- Child Development Center
- Counseling
- English as a Second Language
- Financial Aid
- Full Access Campus
- Learning Skills Center
- Everett I.L. Baker Library
- Orientation
- Services for Students with Disabilities
- Servicios Para Los Hispanos
- Student Activities
- Student Employment Services
- Student Support Services Tutoring Center
- UBS Student Success Center
- Pitney Bowes Wellness Center

www.norwalk.edu