



Course title	Introduction To Group Fitness				
Course code	TRAN113				
Course type	Lectures and practical exercise				
Level	Diploma				
Year / Semester	1 st Year / 1 st Semester				
Teacher's name	Costa- Ioannou Froso				
ECTS	6	Lectures / week	1	Laboratories / week	2
Course purpose and objectives	The aim of the course is to train students so to be able to design and put into effect simple routines of group exercise programmes and to acquire the basic knowledge of how to motivate the trainees so the positively influence them towards remaining faithful to their training plan.				
Learning outcomes	<p>Upon the completion of the course, the students are expected to:</p> <p>Knowledge</p> <ol style="list-style-type: none"> Explain the importance of warm-up and recovery Recognise motivational techniques and strategies that will help their trainees to remain faithful to their training schedule Have a basic understanding of space organisation and safety <p>Skills</p> <ol style="list-style-type: none"> Use appropriate teaching methods depending on the type of the training programme. Combine teaching exercises with rhythm and music. Design the structure of a training programme <p>Competence</p> <ol style="list-style-type: none"> Perform a variety of exercises using the correct technique, such as body weight exercises, floor exercises, exercises with resistance bands, bars, etc. Guide, adjust the training programme and correct the trainees on their techniques so to reduce any possibilities for an inquiry 				
Prerequisites			Required		
Course content	<ul style="list-style-type: none"> Introduction to Group Training – role, characteristics and responsibilities Types of exercise and types of training programmes Group programmes with music and rhythm Methods of teaching group training programmes (visual guidance, verbal guidance, creating motivation) 				

	<ul style="list-style-type: none"> • Analysis of elements that lead to successful teaching • Aerobics teaching methods (Linear Progression, Pyramidal, Progression Method) and step groups. • Planning a programme structure • Warm-up and recovery protocol • Types and methods of stretching • Equipment and exercise book (balls, tires, dumbbells, bars, etc.) • Group Management • Ensuring safety in the training area
Teaching methodology	The content of the course is taught through lectures with the help of a computer, video projector, electronic presentations and multimedia and the use of a whiteboard. Active student participation is ensured through guided discussions. The practical part of the course is carried out in an accredited gym centre.
Bibliography	<p>Greek Bibliography</p> <ul style="list-style-type: none"> • Kennedy-Armbruster, C. και Yoke, M. (2018). <i>Καθοδήγηση προγραμμάτων ομαδικής εκγύμνασης</i>. 3^η Έκδοση. Κωνσταντάρας, ISBN9789606080258 <p>English Bibliography</p> <ul style="list-style-type: none"> • American College of Sports Medicine (2012). <i>ACSM's Resources for the Group Exercise Instructor</i>. Wolters Kluwer. ISBN:9781608311965
Assessment	<ul style="list-style-type: none"> • Attendance and class participation: 10% • Intermediary practical examination: 20% • Final practical examination: 30% • Final written examination: 40%
Language	Greek or English