

ESS 315 : Leading Group Exercise

Group exercise instructors play a unique and valuable role in the healthcare continuum and in the lives of their participants (ACE, 2018). This course is designed to prepare students to teach safe, effective and enjoyable group exercise classes for apparently healthy individuals. Various principles, concepts and guidelines related to scope of practice; class design and preparation; class instruction; and safety, nutrition and legal considerations will be examined through practical application and classroom discussions. The course will also give students the knowledge and understanding necessary to prepare for the ACE Group Fitness Instructor Certification Exam.

Credits 4

Prerequisite Courses

[ESS 225: Introduction to Exercise Science and Health Sciences](#)

Semester Offered

Offered fall of even-numbered years