



**Health and Sports Science Module Handbook**  
**Faculty of Sports Science Universitas Negeri Makassar**

Module designation		<i>Methods of Exercise Instruction</i>				
Semester(s) in which the module is taught		6				
Person responsible for the module		Ethno Setyagraha, S.Or, M.Or				
Language		Bilingual (Bahasa and English)				
Relation to curriculum		Elective Courses				
Teaching methods		3 parallel classes consist of 35 students/class: 1) Lecture (Face to face lecture): 3 hours x 14 weeks 2) Practical class: -				
Workload	Total workload	130 hours				
		Face to face teaching	Structured activities	Independent study	Exam	total
	Lecture	42	42	42	4	130
	Practical class	-	-	-	-	-
	Total					130
Credit points		3 credits				
Required and recommended prerequisites for joining the module		None				



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<p>Module objectives / intended learning outcomes</p>	<p>This course is designed to enable students to do the following:</p> <ol style="list-style-type: none"> <li>1. Implement the principles of specificity and progressive overload into exercise program design.</li> <li>2. Demonstrate ability to teach correct exercise techniques in 1:1 and group settings.</li> <li>3. Demonstrate effective communication with exercise participants using both verbal and nonverbal methods.</li> <li>4. Demonstrate the ability to set up and lead an exercise session in both one on one and group settings.</li> <li>5. Demonstrate and teach exercise modifications that will accommodate various fitness.</li> <li>6. levels, physical conditions, and body size</li> <li>7. Apply results of fitness assessments to create fitness programs.</li> <li>8. Apply metabolic calculations to determine the intensity, duration and caloric expenditure of exercise.</li> </ol>
<p>Content</p>	<ul style="list-style-type: none"> <li>• Behavioral Theories &amp; Strategies for Exercise Programming</li> <li>• General Principles of Exercise Prescription</li> <li>• Warm-Up, Cool-Down, and Cardiorespiratory Training</li> <li>• Exercise modifications and designing a fitness plan</li> <li>• Fitness trends presentations</li> <li>• Environmental concerns for exercise programming</li> <li>• Prevention of Injuries</li> <li>• Leadership, Professional Behavior, &amp; Ethics</li> <li>• General Health &amp; Fitness Management</li> </ul>
<p>Exams and assessment formats</p>	<p><b>Assignments</b></p> <ul style="list-style-type: none"> <li>• <b>Assignment 1:</b> Given various exercises, students will be required to cue proper form using a variety of visual, auditory, and kinesthetic cues to teach a variety of learning styles.</li> <li>• <b>Assignment 2:</b> Fitness Trends Presentation: Students will create a 8-10 minute presentation of a fitness trend they are interested in. They will include an overview of the topic, pros/cons, and practical application for a practitioner.</li> </ul> <p><b>Weight: 50%</b></p>



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	<p><b>Final Exam (Project-based Assessment)</b> <b>Intent:</b> Students are to design a fitness plan for a client of their choosing to participate in. It will include all elements of a workout (Individual analysis).  <b>Weight:</b> 50%</p>
Study and examination requirements	To take the final semester exam, students must attend at least 80% of the meetings. Final grading will be based on students' attendance, their assignments, and their final project-based exam.
Reading list	<p>Yoke, M., &amp; Armbruster, C. (2019). Method of Group Exercise Instruction, 4<sup>th</sup> Edition. Human Kinetics.</p> <p>American College of Sports Medicine. (2018). ACSM's Guidelines for Exercise Testing and Prescription, 10<sup>th</sup> Edition. Wolters Kluwer.</p> <p>Heywar, V., &amp; Gibson, A. (2014). Advanced Fitness Assessment and Exercise Prescription, 7<sup>th</sup> Edition. Human Kinetics.</p>