



## Group Fitness Instructor Certification Preparation Course

### Stony Brook University – Campus Recreation

This course will be held over the course of an entire semester (approximately 11 weeks), meeting once a week for two hours in the Walter J. Hawrys Campus Recreation Center. The materials will be presented by the Fitness and Wellness professionals from the Department of Campus Recreation. Each participant will receive printed material, which will be covered in more detail through lecture/activity based sessions.

**Objective:** Provide participants with the necessary knowledge, skills, and hands on experience to prepare them to successfully pass nationally recognized and accredited certifications within Group Fitness.

#### **Knowledge, Skills and Abilities (KSA):**

- Basic Anatomy, Kinesiology, Biomechanics and Exercise Physiology
- Group Fitness Class Structure
- Essentials of Teaching (Music, Motivation, Choreography, Cueing)
- Exercise Standards & Guidelines
- Exercise Selection, Technique, Alignment and Performance
- Safety, Injury Prevention, and Emergency Responses
- Special Populations
- Practical Application of Skills

Individuals will then take the written and practical exams (attaining a score of 85% or better) before receiving a certificate of completion. After receipt of certificate qualified individuals will be able to pursue employment within the Department of the Campus Recreation as a Group Fitness Instructor for an hourly rate of \$10. If applicable, after successfully passing a nationally recognized exam (AFAA, ACE, ACSM, NASM, NETA or similar) the candidate will be eligible for an hourly pay raise.

**Cost:** \$85.00 Undergraduate Students, \$110.00 Graduate Students paid either by cash or check made out to “FSA Agency Acct 790”.

For additional information contact Dean Bowen at [dean.bowen@stonybrook.edu](mailto:dean.bowen@stonybrook.edu), 631-632-4661.

**[studentaffairs.stonybrook.edu/rec](http://studentaffairs.stonybrook.edu/rec)**