

# Group Fitness

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## MINOR CODE - U089

The Group Fitness minor is designed to prepare students for a professional career in designing and conducting comprehensive group fitness exercise programs. Students must earn a letter grade of C or higher in all courses.

Students will demonstrate the necessary professional competencies to design and teach group fitness exercise classes in step, hi/lo, interval, and use of resistance equipment using appropriate music tempo and progressive choreography. In addition, students will specialize in three of the following: Fitness Yoga, Indoor Cycling, Mat Pilates, Boxing, and Aqua Fitness. Students will learn to design safe and effective group fitness exercise programs that adhere to all codes, laws, regulations, and procedures within the recognized scope of practice for group fitness instructors set by the American College of Sports Medicine (ACSM) and the American Council on Exercise (ACE). Students must sit for the American Council on Exercise National Certification Exam. For more information, contact Nancy Naternicola, Coordinator at (304) 293-0858 or e-mail at Nancy.Naternicola@mail.wvu.edu.

### REQUIRED COURSES

ACE 373	Fitness Management	3
ACE 470	Methods of Aerobic Instruction	3
ACE Course - Methods of Group Fitness 2		3
ACE 463	Group Fitness Internship	6
Total Hours		15