



FITNESS INSTRUCTOR TRAINING PROGRAM GUIDE

Are you energetic, friendly, and motivated? Do you enjoy working out and participating in the group exercise classes here at Penn State?

If this sounds like you, consider taking the first step towards joining the Penn State Fitness team by enrolling in the Instructor Training Program (ITP).

PLEASE NOTE:

To complete the full fitness instructor training, you should have at least three semesters left at PSU, preferably more. It takes a full two semesters to complete the ITP and Junior Instructor Programs necessary to become an instructor, so those with three or fewer semesters remaining should keep this in mind when deciding to commit to the process.

ABOUT THE COURSE:

ITP is a 16-week training program that includes a textbook, movement sessions, and exams. The course focuses on the fundamentals of fitness and wellness, and students will learn to teach traditional aerobics, step aerobics, and muscle conditioning classes. At the end of this course, successful candidates can audition to gain entry into the Junior Instructor Program.

Students in the ITP course will have the opportunity to:

- Learn the basic principles of group exercise (traditional aerobics, step aerobics, and muscle conditioning)
- Spend 70% of course time in movement sessions and 30% in lecture
- Study the anatomy and physiology of the human body as related to group exercise classes
- Understand and uphold the basic exercise principles necessary to obtain fitness goals
- Learn how to format a fitness class in order to prevent injury and include the varying fitness levels and abilities of all participants
- Design and practice choreography for a wide variety of group exercise formats
- Attend and critique several fitness classes per week
- Earn 1.5 KINES credits
- Audition for entry into the Junior Instructor Program

REGISTRATION INSTRUCTIONS:

Check ELION or the University Registrar's schedule of courses to see if ITP will be offered during the semester. It is listed in the course catalog as follows:

KINES 093 MASTERS ACT (SPT) ITP EX LEADER/AERO

You will be able to register for the course just as you would any other class on ELION. Note that the course includes a mandatory 1.5 hour evening practice session each week in addition to the regular course meeting times. Attendance at all weekly sessions is required. Students should also expect to spend several additional hours each week taking and evaluating fitness classes. All ITP participants must purchase the course packet and a valid PSU Fitness membership.

THE NEXT STEP:

Upon successful completion of the ITP program and an end of the semester audition, top candidates will be invited to register for KINES 096, the Junior Instructor Program. This is a semester-long, 1.5 credit course in which students spend time working alongside an experienced Instructor to perfect their techniques and develop their own style of teaching. Final auditions with the Fitness Coordinator and Program Staff are required before a Junior Instructor may move to teaching his/her own PSU Fitness class.

All PSU Fitness Instructors are required to:

- Demonstrate ability to teach group exercise classes through the audition process
- Teach his/her assigned classes and find appropriate substitutes when necessary
- Attend meetings and practice sessions
- Hold a current CPR certification
- Follow guidelines as stated in the current PSU Fitness policy manual
- Mentor other members of the PSU Fitness program

A WORD OF CAUTION: Becoming a PSU Fitness Instructor can be a rewarding part of the academic experience. It is also a time-consuming and energy-consuming affiliation. Individuals should enter the training program knowing that in order to succeed you must commit time for practice and development. Only the most skilled candidates are promoted to Junior Instructor status. At times students have found that other activities such as clubs, teams, and sororities often conflict with fitness program requirements. Before beginning the Instructor Training Program, consider carefully your current involvement in academics and extra-curricular activities.

Our mission is to provide safe, fun, and effective fitness classes for the students, faculty/staff and retirees of Penn State University. Classes are designed to increase flexibility, cardiovascular endurance, and muscular endurance through group exercise set to music.

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