

Educational Processes Lesson Plan

A: Basic Lesson Information	
Name of Lesson:	Examination of Exercise Technique
Location(s):	Seung-ni Fit Club, Bay City, MI
Lesson Level:	Instructors 18 years of age and older
Instructor(s):	Laura Schember and Andy Shooltz
Co-Contributor(s):	-

B: Learning Context Analysis				
Instructional Setting:	Single Person	X	Small Group	Large Group
Needs Assessment:	<p>Musculoskeletal injuries can occur during weight-lifting exercises when excessive repetitions are completed using improper body mechanics. Repetitious exercise is the core component of Body Sculpt (a weight-lifting class offered at Seung-ni Fit Club); however, use of proper body mechanics is not regularly promoted to clients on the behalf of the instructors. The aim of this lesson is to educate instructors of a warm-up routine that best prepares muscles to endure Body Sculpt, while providing evidence that negates the use of the current warm-up routine. Additionally, instruction of proper body mechanics relative to 9 specific Body Sculpt exercises will be offered. Members of the audience will be better informed of the risk of injury that can occur when using improper body mechanics during repetitious exercise. Additionally, they will gain knowledge of techniques to be utilized in an effort to lesson this risk.</p>			
Learning Environment:	<p>Physical: The lesson will take place at Seung-ni Fit Club where Body Sculpt is offered. The front office will be utilized initially, followed by use of the gym. Dumbbells, provided by Seung-ni Fit Club, will be utilized for demonstration and practice.</p> <p>Social: Two student presenters will facilitate the lesson. The audience will consist of employed instructors who currently instruct Body Sculpt at Seung-ni Fit Club. The audience will be encouraged to ask the student presenters questions during the lesson. Members of the audience will work together with the student presenters to replicate the body mechanics for each exercise that is verbally instructed and visually/physically demonstrated for them. Members of the audience will pair off and work together to develop a 3-exercise Body Sculpt routine that utilizes proper body mechanics. Once prepared, each member of the audience is expected to demonstrate their ability to teach proper body mechanics to their partner under the observation of the student presenters.</p> <p>Temporal: The lesson will take place within a 1 hour period on Saturday, June 15th, 2013 at 4:00pm.</p> <p>Other: The lesson will incorporate evidence based research regarding theory and technique for proper warm-up routines and proper body mechanics to be utilized during weight-lifting exercises.</p>			

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Instructional Materials:	Software Applications:			
	X	Database		Spreadsheet
		Email	X	Web Browser
		Presentation	X	Word Processing
		Publishing	X	Other: Reference Book
	Computer Equipment:			
		Computer (Win or Mac)		Sound Capabilities
		Internet Connection		Digital Camera
		CD Drive		Projection Device
		DVD Drive		Web TV
		Printer		Other:
	Video Equipment:			
		VCR		Television
		DVD Player		Video Camera
		Laserdisc Player		Other:

C: Learning Task Analysis	
Types of Learning:	<p>The lesson will be developed utilizing Bloom’s Taxonomy, which assists to explain and apply learning objectives to the audience. The taxonomy includes cognitive, psychomotor, and affective domains of learning.</p> <p>Cognitive: Members of the audience will be asked to listen as components of the lesson are verbally presented by the student presenters. Members of the audience will gain knowledge of proper warm-up routines, proper body mechanics, and how adopting minor changes relative to their work-out routines can better assist clients to prevent injury and to meet fitness goals. Members of the audience will also be asked to observe and participate as body mechanics are demonstrated for 9 specific Body Sculpt exercises. Taken together, members of the audience will be able to integrate new knowledge with current knowledge in order to integrate the suggested minor changes into live classes. Members of the audience will demonstrate understanding of the lesson by developing and demonstrating a 3-exercise Body Sculpt routine to meet check-off requirements, creating a written 1-hr Body Sculpt routine focused on body mechanics to be approved by the student presenters, and by completing a recall quiz developed by the student presenters.</p> <p>Psychomotor: The audience will participate together with the student presenters to demonstrate proper body mechanics during the lesson. In doing so, kinesthetic learning is combined with auditory and visual learning. As a result, three major styles of learning are addressed, allowing for more effective retention and application of lesson material. Kinesthetic learning also aims to assist members of the audience prepare for demonstration of body mechanics during live classes.</p> <p>Affective: The lesson will likely be motivating to members of the audience since each member is an instructor at Seung-ni Fit Club. As the material directly applies to job responsibilities, the members of the audience will likely be intrinsically motivated to learn and participate during the lesson, and to integrate gained knowledge into live classes.</p>

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Learning Goal(s):	<ul style="list-style-type: none"> Gain knowledge of research regarding effective warm-up routines and body mechanics for weight-lifting and gain confidence and willingness to incorporate learned material into the Body Sculpt classes they instruct.
Learning Objectives: (Identify 5-10)	<ul style="list-style-type: none"> Identify, verbally, 3 important facts of how proper body mechanics can prevent injury. Develop and write a dynamic warm-up routine using at least 5 dynamic stretches. Demonstrate a 3-exercise Body Sculpt routine to be taught verbally, visually, and kinesthetically to a partner while ensuring proper body mechanics, to meet check-off requirements assessed by the student presenters. Write the 4 elements that taken together create a stance that utilizes proper body mechanics during Body Sculpt exercises, and submit as a quiz. Integrate proper warm-up routines and proper body mechanics into live Body Sculpt classes by formulating a 1 hour work-out routine to be approved by the student presenters.

D: Learner Analysis	
Target Audience:	Instructors of Seung-ni Fit Club, Bay City
Learning Styles:	Verbal, Visual, Kinesthetic
Instructional Design:	Lecture style presentation, Demonstration style presentation, Hands-on learning
Characteristics:	

E: Teaching Strategies	
Materials:	Handouts (Dynamic stretching routine; Body mechanics detailed in writing and pictured); Dumbbells; Reference charts
Procedures: (Identify step-by-step)	<ol style="list-style-type: none"> Form a small group circle to reveal research findings relative to proper warm-up routines and body mechanics for prevention of injury. Re-position to the gym and obtain dumbbells; Utilize visual, auditory, and kinesthetic learning in order to demonstrate proper body mechanics relative to 9 selected Body Sculpt exercises. Pair members of the audience into groups of 2; Each member is to select 3 of the 9 demonstrated exercises, develop verbal, visual, and kinesthetic teaching instruction, and teach the routine to their partner; Emphasis is placed on ensuring that proper body mechanics is able to be taught by each member of the audience. Pairs will present their routine to the student presenters; Student presenters will assess performance and maintain a check-off list relative to proper use of body mechanics during the routine. Pairs will receive immediate verbal feedback of performance in order to address any errors in body mechanics that may occur. Members of the audience will separate from each other and receive a blank sheet of paper and a pen; The student presenters will ask members to

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	work independently as they list the 4 elements that taken together create a stance that utilizes proper body mechanics during Body Sculpt exercises.
Demonstrations:	Student presenters will demonstrate proper lifting technique as verbal instruction is provided. Members of the audience will be encouraged to demonstrate along with the student presenters.
Practical Applications:	Student presenters aim to educate the audience on proper warm-up routines and proper body mechanics so that said techniques may be readily incorporated into live Body Sculpt classes at Seung-ni Fit Club. Education is made in an effort to lessen the risk of injury that can occur when using improper body mechanics during repetitious exercise.
Group Reflection:	A verbal discussion will conclude the lesson, in which the student presenters will seek feedback from each individual member of the audience relative to the importance and clarity of the lesson material, delivery of the material, and relevance to their own self. Members will also be encouraged to ask any unresolved questions during this time.

F: Assessment of Learner Performance				
Assessment types:	X	Writing Samples	Projects	
	X	Demonstrations	Rubrics	
	X	Observations	Journals	
		Portfolios	X	Teacher-made test
		Surveys		Other:
		Interviews	X	Reflections
Assessment Plan:	<p>Student presenters will assess learner performance by asking members of the audience to develop and <u>demonstrate</u> a 3-exercise Body Sculpt routine that incorporates proper use of body mechanics. The student presenters will <u>observe</u> the members' ability to effectively teach proper body mechanics to their partner. Each member of the audience is expected to meet the body mechanics check-off requirements maintained by the student presenters. Additionally, members of the audience will be asked to <u>write a 1-hour Body Sculpt routine</u> that includes a warm-up and exercises that utilize proper body mechanics. The routine is to be approved by the student presenters for use in a live Body Sculpt class. Members of the audience will also be asked to complete a short <u>written recall quiz</u> developed by the student presenters.</p>			

G: Evaluation of Outcomes				
Assessment types:		Writing Samples	Projects	
		Demonstrations	Rubrics	
	X	Observations	Journals	
		Portfolios	Teacher-made test	
		Surveys	X	Other: Reference Packet
		Interviews	X	Other: Handout

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Assessment Plan:	<p>Members of the audience will be asked to <u>reflect</u> back on the lesson and to provide feedback to the student presenters relative to the importance and clarity of the lesson material, delivery of the material, and relevance to their own self. Members of the audience will also be asked to inform the student presenters of the likelihood that they will apply lesson material into live Body Sculpt classes. Additionally, the student presenters plan to <u>observe</u> and/or participate in a future Body Sculpt class that is instructed by each member of the audience, in order to assess whether or not the lesson material has been incorporated into live classes. To enhance the likelihood of incorporating the lesson material into future Body Sculpt classes, the student presenters will provide each member of the audience with a <u>written example</u> of a dynamic warm-up routine, as well as a <u>reference packet</u> that details the body mechanics to be utilized relative to each of the 9 Body Sculpt exercises demonstrated during the lesson. <u>Pictures</u> of said exercises will also be included.</p>
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