

KSS 2625 - Pedagogical Aspects of Exercise Science

Fall 2026 Syllabus, Section 02, CRN 41079,

Credit hours: 3

Instructor

Meri Surdoval-Fetkovich

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Public Instructor Information

Instructor Title: Lecturer

Instructor Professional Qualifications:

Ph. D. Health Sciences (In Progress) Youngstown State University

Master's, MBA, Southern New Hampshire University

Master's, Exercise Science and Health Promotion, Florida Atlantic University

Bachelor's, General Education/Elementary Education, Edinboro University

Instructor Office Location: Beeghley Center 307

Instructor Office Phone: 330-941-1905

Course Description

2625. Pedagogical Aspects of Exercise Science. Effective instructional practices and development of organizational skills and characteristics required for teaching in exercise programs. Two hours lecture, two hours lab. 3 s.h.

Course Readings

Group	Title	Author	ISBN
Optional	No Readings		

There are no required readings for this course. Any PDFs will be provided in class.

The course readings are subject to change in the event of extenuating circumstances, research developments, current events, and/or to ensure better learning.

Schedule of Topics and Assignments

Day	Date	Proposed Topic	Due/To Prepare for Class
Tue	8/25	Introductions/Syllabus Review/Project Explanations	Read Syllabus
Thu	8/27	Kinesiology at a glance; Questions to Ask; Exercise Class Formats and Exercise Selection	
Tue	9/1	Intro Physiology and Intensities	
Thu	9/3	Research how to; Questions to Answer; How to Use MAAG Library; Quiz 1	
Tue	9/8	Social Media Influencers Project Report	
Thu	9/10	Social Media Influencers Project Report	

Tue	9/15	Social Media Influencers Project Report
Thu	9/17	Social Media Influencers Project Report; Modifications/Variations
Tue	9/22	Explanation of Fitness Exercise Assignment; Teaching a Group Class
Thu	9/24	Teaching Movement
Tue	9/29	How to Teach Movement; Quiz 2
Thu	10/1	Fitness Exercise Reports
Tue	10/6	Fitness Exercise Reports
Thu	10/8	Fitness Exercise Reports
Tue	10/13	Exam 1
Thu	10/15	Transtheoretical Model of Behavior Change
Tue	10/20	PreClass Procedures/Leading a Class/Group Personalities
Thu	10/22	Research Presentations
Tue	10/27	Research Presentations
Thu	10/29	Research Presentations
Tue	11/3	Research Presentations
Thu	11/5	Putting it all together-Designing Your Class
Tue	11/10	Exam 2
Thu	11/12	Final Teaching and Leadership Presentation
Tue	11/17	Final Teaching and Leadership Presentation
Thu	11/19	Final Teaching and Leadership Presentation
Tue	11/24	Final Teaching Presentations
Thu	11/26	No Class-Happy Thanksgiving
Tue	12/1	Final Teaching and Leadership Presentation
Thu	12/3	Final Review, Class Wrap Up; Make Up Presentations
Tue	12/8	Final Exam
Thu	12/10	

The course schedule, policies, procedures, and assignments in this course are subject to change in the event of extenuating circumstances, by mutual agreement, and/or to ensure better learning.