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Instructional Perspectives of Ymca Fitness Instructors

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Abstract

The study seeks to determine the amount of andragogical principles adult fitness instructors use at the Greater Louisville YMCAs. The Modified Instructional Perspectives Inventory (MIPI) will measure the level of andragogical principles used by Greater Louisville YMCAs fitness instructors.

Keywords: Andragogy, Adult Education, Fitness Instructors, Modified Instructional Perspectives

Before COVID-19, the Greater Louisville YMCA was a thriving organization with eleven locations. Since COVID-19, the Greater Louisville YMCA has closed two YMCA branches, with memberships down 20 percent (A. Desanovski-Burns, personal communication, December 10, 2022). Research shows that group fitness classes retain members at the Greater Louisville YMCA and attract new members (Ernsberger, 2021). Membership and participation in group classes have decreased due to COVID-19 (A. Desanovski-Burns, personal communication, December 10, 2022). In adult fitness, beliefs about adult learners, theories of teaching, and beliefs about teaching adults guide adult educators (Henschke, 1989; Knowles, 1968; Knowles et al., 2011; Peterson & Ray, 2013).

Purpose of the Study

This study aims to measure the amount of andragogical principles applied by adult fitness instructors of the Greater Louisville YMCAs. Knowles et al. (2015) "Andragogical Model" provides the framework to help instructors understand the art and science of how adults learn. Fitness instructors help adults achieve their fitness goals through exercise, motivation, and behavior change.

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