

# LANSING COMMUNITY COLLEGE

## CURRICULUM GUIDE

Professional Fitness Leader  
Associate in Applied Science Degree

Curriculum Code: 1703 (Effective Fall 2014 – Summer 2019)

This curriculum is designed to prepare individuals for a career as a Professional Fitness Leader such as a certified Group Fitness Instructor or a certified Personal Trainer. Persons who provide exercise training must have a thorough foundation in the body systems' response to exercise in order to provide proper nutrition education and exercise training in preventive and therapeutic applications. Exercise physiology classes are included in the curriculum as well as General Education Core classes. Upon completion of the AAS degree, individuals are prepared to take a Group Fitness Instructor certification exam as well as a Personal Trainer certification exam given by a National Commission for Certifying Agencies (NCCA) accrediting organization, such as American Council on Exercise® (ACE), or American College of Sports Medicine® (ACSM). Once either of these certifications are obtained, individuals are eligible to take the Level 1 Exercise is Medicine® (EIM) credential exam. This Professional Fitness Leader AAS curriculum includes the courses from the Group Fitness Instructor Certificate of Completion as well as the Personal Trainer Certificate of Achievement curricula. **Not all courses in this curriculum transfer to all colleges. Students planning to transfer should see an academic advisor before enrolling in any course.**

### PREREQUISITES

Students should see [Course Descriptions](#) for course prerequisite information. See [Academic Assessment and Placement Testing for Student Success](#) for skills assessment and advising information.

### INFORMATION

Contact the Fitness and Wellness Programs, Health and Human Services Building, Room 108, telephone number (517) 483-1410 (Website: [www.lcc.edu/pfw/](http://www.lcc.edu/pfw/) ) or the Academic Advising Center, Gannon Building, Room 200, telephone number (517) 483-1904.

### REQUIREMENTS

**TOTAL: 43 CREDITS**

| CODE     | TITLE                            | CREDIT HOURS |
|----------|----------------------------------|--------------|
| PFFT 113 | Core Strength & Flexibility Trng | 1            |
| PFFT 120 | Aerobic Exercise                 | 2            |
| PFW 123  | Human Nutrition                  | 3            |
| PFW 181  | Stress Management                | 1            |

|          |                               |   |
|----------|-------------------------------|---|
| PFKN 106 | Group Fitness Instructor Prep | 3 |
| PFKN 200 | Exercise Physiology           | 3 |
| PFKN 205 | Sport & Exercise Psychology   | 3 |
| PFKN 208 | Biomechanics                  | 3 |
| PFKN 210 | Athletic Training Principles  | 3 |
| PFKN 250 | Measurements in Kinesiology   | 3 |
| PFKN 260 | Growth and Motor Behavior     | 3 |
| PFKN 265 | Exercise–Diverse Populations  | 3 |
| PFKN 270 | Personal Trainer Preparation  | 4 |
| PFKN 280 | Kinesiology Internship        | 3 |
| PFWT 123 | Weight Training I             | 2 |
| SPCH 120 | Dynamics of Communication     | 3 |

### LIMITED CHOICE REQUIREMENTS

**TOTAL: 17–25 CREDITS**

Complete the indicated number of credits from **EACH CHOICE** listed below.

#### CHOICE 1: [General Education Core Areas](#)

**9–12 Credits**

(Click the link above for information on how to fulfill these requirements. Core area proficiency exams, where appropriate, are available for each core area.)

|                                             |     |
|---------------------------------------------|-----|
| Communication Core Area (See Note 1)        | 0   |
| Global Perspectives and Diversity Core Area | 3–4 |
| Mathematics Core Area (See Note 2)          | 3–4 |
| Science Core Area (See Note 3)              | 0   |
| Writing Core Area                           | 3–4 |

#### CHOICE 2: **Anatomy and Physiology** (Choose one Subchoice –See Note 3)

**4–8 Credits**

##### Subchoice 2A:

|          |                              |   |
|----------|------------------------------|---|
| BIOL 145 | Intro Anatomy and Physiology | 4 |
|----------|------------------------------|---|

##### Subchoice 2B:

|          |                  |   |
|----------|------------------|---|
| BIOL 201 | Human Anatomy    | 4 |
| BIOL 202 | Human Physiology | 4 |

#### CHOICE 3: **Professional Related Courses**

**4–5 Credits**

|          |                               |   |
|----------|-------------------------------|---|
| BUSN 160 | Starting a Business           | 4 |
| PFFT 109 | Introduction to Fitness       | 1 |
| PFFT 110 | Exercise & Learning Readiness | 1 |
| PFKN 170 | Foundations of Kinesiology    | 3 |
| PFWT 124 | Weight Training II            | 2 |

**MINIMUM TOTAL 60**

**NOTES:**

1. Students completing "REQUIREMENTS" have fulfilled the requirement for the Core Area.
2. Students planning to transfer to a four-year institution are encouraged to take MATH 122.
3. Students completing "CHOICE 2" have fulfilled the requirements for the Science CORE Area. Students planning to transfer to a four-year institution are encouraged to take BIOL 201 and BIOL 202.

**SUGGESTED COURSE SEQUENCE**

Students should see course descriptions to find out when departments plan to offer courses. Students who for any reason are unable to follow the course sequence suggested below (for example, those who are part-time, have transferred in courses from another school, or have prerequisites to fulfill) should contact an academic advisor for help with adjustments.

| <b>I Fall</b>   | <b>II Spring</b> | <b>III Summer</b> | <b>IV Fall</b> |
|-----------------|------------------|-------------------|----------------|
| PFFT 120        | PFFT 113         | PFWT123           | PFKN 208       |
| PFHW 181        | PFHW 123         |                   | PFKN 260       |
| PFKN 205        | PFKN 106         |                   | PFKN 265       |
| SPCH 120        | PFKN 200         |                   | PFKN 270       |
| Lim.Ch.2        | PFKN 250         |                   |                |
|                 | Lim.Ch.2         |                   |                |
| <b>V Spring</b> | <b>VI Summer</b> |                   |                |
| PFKN 210        | PFKN 280         |                   |                |
| Lim.Ch.1        | Lim.Ch.1         |                   |                |
| Lim.Ch.1        |                  |                   |                |
| Lim.Ch.3        |                  |                   |                |