

LANSING COMMUNITY COLLEGE

CURRICULUM GUIDE

Professional Fitness Leader
Associate in Applied Science Degree

Curriculum Code: 1703 (Effective Fall 2015 – Summer 2020)

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/hhs/programs/kinesiology/) or the Academic Advising Center, Gannon Building – StarZone, telephone number (517) 483-1904.

REQUIREMENTS

REQUIREMENTS		TOTAL: 43 CREDITS
CODE	TITLE	CREDIT HOURS
PFWH 123	Human Nutrition	3
PFWH 181	Stress Management	1
PFKN 106	Group Fitness Instructor Prep	3
PFKN 170	Foundations of Kinesiology	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: 17–26 CREDITS

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

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

9–13 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)	3–5
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
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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 113	Core Strength & Flexibility Trng	1
PFFT 120	Aerobic Exercise	2
PFFT 134	Dance Exercise–Nia Technique	1
PFFT 170	Yoga: Beginning	1
PFHW 105	Medical Altern for Hlth & Wlth	2
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.

I Fall	II Spring	III Summer	IV Fall
PFHW 181	PFHW 123	PFWT123	PFKN 208
PFKN 170	PFKN 106		PFKN 260
PFKN 205	PFKN 200		PFKN 265
SPCH 120	PFKN 250		PFKN 270
Lim.Ch.2	Lim.Ch.2		
V Spring	VI Summer		
PFKN 210	PFKN 280		
Lim.Ch.1	Lim.Ch.1		
Lim.Ch.1			
Lim.Ch.3			
Lim.Ch.3			