

LANSING COMMUNITY COLLEGE

CURRICULUM GUIDE

Personal Trainer
Certificate of Achievement

Curriculum Code: 1705 (Effective Fall 2015 – Summer 2020)

After successful completion of this certificate individuals are prepared to take a Personal Trainer Certification Exam 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 the Personal Trainer Certification is obtained, individuals are prepared for jobs as a Personal Trainer and are eligible to take the Level 1 Exercise is Medicine® (EIM) credential exam. This curriculum is the second certificate in the Professional Fitness Leader Program. Courses for this certificate may be applied toward the Lansing Community College Professional Fitness Leader Associate in Applied Science Degree.

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

TOTAL: 37 CREDITS

CODE	TITLE	CREDIT HOURS
PFHW 123	Human Nutrition	3
PFHW 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 250	Measurements in Kinesiology	3
PFKN 260	Growth and Motor Behavior	3
PFKN 265	Exercise–Diverse Populations	3

PFKN 270	Personal Trainer Preparation	4
PFWT 123	Weight Training I	2
SPCH 120	Dynamics of Communication	3

LIMITED CHOICE REQUIREMENTS

TOTAL: 4–8 CREDITS

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

CHOICE 1: Anatomy and Physiology (Choose one Subchoice–See Note 1) **4–8 Credits**

Subchoice 1A:

BIOL 145	Intro Anatomy and Physiology	4
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Subchoice 1B:

BIOL 201	Human Anatomy	4
BIOL 202	Human Physiology	4

MINIMUM TOTAL 41

NOTE:

1. Students completing “CHOICE 1” 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	PFWT 123	PFKN 208
PFKN 170	PFKN 106		PFKN 260
PFKN 205	PFKN 200		PFKN 265
SPCH 120	PFKN 250		PFKN 270
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