

LANSING COMMUNITY COLLEGE

Health & Public Services

**Curriculum Code: 1703
(Effective Fall 2018 –
Summer 2023)**

Professional Fitness Leader A.A.S. Pathway

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). This Professional Fitness Leader AAS curriculum includes courses from the Group Fitness Instructor Certificate of Completion as well as the Personal Trainer Certificate of Achievement. Not all courses in this curriculum transfer to all colleges. Students planning to transfer should see an academic advisor before enrolling in any course.

For More Information

Contact the Kinesiology/Professional Fitness Leader Program, Health and Human Services Building, Room 108, telephone number (517) 483-1410, or the Academic Advising Department, Gannon Building - StarZone, telephone number (517) 483-1904.

Semester I Fall	Course Title	Prerequisites	Credit/Billing Hours
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Program of Study Requirements - *Select A or B*
Select the A course (BIOL 145) or the B courses (BIOL 201 in Semester I and BIOL 202 in Semester II).
Students planning to transfer to a four-year institution are encouraged to complete B.
BIOL 145 fulfills the requirement for the Science CORE Area.

BIOL 145 A	Intro Anatomy and Physiology	Reading Level 5 and Writing Level 6 and (Math Level 4 or minimum 2.0 in MATH 105 or MATH 106)	4 / 6
BIOL 201 B	Human Anatomy	Reading Level 5 and Writing Level 6 and (Math Level 4 or minimum 2.0 in MATH 105 or MATH 106)	4 / 6

Program of Study Requirements – *Select 1*
This course fulfills the requirement for the Communications Core Area.

COMM 110	Oral Comm in the Workplace	Reading Level 5 and Writing Level 6 or (Reading Level 4 and Writing Level 4 and ENGL 099 concurrently)	3 / 3
COMM 120	Dynamics of Communication	Reading Level 5 and Writing Level 6	3 / 3
COMM 130	Fund of Public Speaking	Reading Level 5 and Writing Level 6	3 / 3

Program of Study Requirements			
PFHW 181	Stress Management	Reading Level 4 and Writing Level 4	1 / 1
PFKN 170	Foundations of Kinesiology	Reading Level 5 and Writing Level 6	3 / 3
PFKN 205	Sport & Exercise Psychology	Reading Level 5 and Writing Level 6	3 / 3
Credits			14 / 16
Semester II Spring	Course Title	Prerequisites	Credit/Billing Hours
Program of Study Requirements – <i>For Students Selecting B</i> <i>Students completing B (BIOL 201) in Semester I will need to complete BIOL 202 to fulfill the Science CORE Area requirement.</i>			
BIOL 202 B	Human Physiology	Minimum 2.0 in BIOL 201 or concurrently and Reading Level 5 and Writing Level 6 and (Math Level 5 or minimum 2.0 in MATH 109 or STAT 170 or concurrent enrollment in MATH 119)	4 / 5
Program of Study Requirements			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 106 <i>Offered Spring Semester Only</i>	Group Fitness Instructor Prep	Reading Level 5 and Writing Level 4	3 / 4
PFKN 200 <i>Offered Spring Semester Only</i>	Exercise Physiology	Minimum 2.0 in (BIOL 145 or (BIOL 201 and BIOL 202) or concurrently) and Reading Level 5 and Writing Level 6 and Math Level 3	3 / 3
PFKN 250	Measurements in Kinesiology	Reading Level 5 and Writing Level 6 and Math Level 3	3 / 4
Credits			12-16 / 14-19
Semester III Summer	Course Title	Prerequisites	Credit/Billing Hours
Program of Study Requirements			
PFWT 123	Weight Training I	None	2 / 3
Credits			2 / 3

Semester IV Fall	Course Title	Prerequisites	Credit/Billing Hours
Program of Study Requirements			
PFKN 208 <i>Offered Fall Semester Only</i>	Biomechanics	Minimum 2.0 in (BIOL 145 or (BIOL 201 and BIOL 202)) and Reading Level 5 and Writing Level 6 and Math Level 4	3 / 3
PFKN 260	Growth and Motor Behavior	Reading Level 5 and Writing Level 6	3 / 3
PFKN 265 <i>Offered Fall Semester Only</i>	Exercise-Diverse Populations	Minimum 2.0 in (BIOL 145 or (BIOL 201 and BIOL 202)) and Reading Level 5 and Writing Level 6	3 / 3
PFKN 270 <i>Offered Fall Semester Only</i>	Personal Trainer Preparation	Minimum 2.0 in BIOL 145 or (BIOL 201 and BIOL 202) and Reading Level 5 and Writing Level 6 and Math Level 4	4 / 5
Credits			13 / 14
Semester V Spring	Course Title	Prerequisites	Credit/Billing Hours
Math Core Area - <i>Select 1</i>			
MATH 120	College Algebra	(Minimum 2.0 in MATH 109 or MATH 112 within 2 years or Math Level 6 within 2 years) and Reading Level 5 and Writing Level 4	4 / 4
STAT 170	Introduction to Statistics	(Minimum 2.0 in MATH 105 or MATH 106 or above or Math Level 5) and Reading Level 5 and Writing Level 4	4 / 4
Writing Core Area - <i>Select 1</i>			
ENGL 121	Composition I	Reading Level 5 and Writing Level 6 or (Reading Level 4 and Writing Level 4 and ENGL 099 concurrently)	4 / 4
ENGL 131	Honors Composition I	Reading Level 5 and Writing Level 7	4 / 4
Program of Study Requirements			
PFKN 210 <i>Offered Spring semester only</i>	Athletic Training Principles	Reading Level 5 and Writing Level 6	3 / 4

Professional Related Electives - <i>Select 1 or more courses for a total of 4-5 credits</i>			
BUSN 160	Starting a Business	Reading Level 5 and Writing Level 4 and Math Level 4	4 / 4
PFFT 109	Introduction to Fitness	None	1 / 2
PFFT 113	Core Strength & Flexiblty Trng	None	1 / 2
PFFT 120 <i>Offered Spring semester only</i>	Aerobic Exercise	None	2 / 3
PFFT 170	Yoga: Beginning	None	1 / 2
PFWT 124 <i>Offered Spring semester only</i>	Weight Training II	None	2 / 3
Credits			15-16 / 16-20
Semester VI Summer	Course Title	Prerequisites	Credit/Billing Hours
Global Perspectives and Diversity Core Area			
MGMT 234	Diversity in the Workplace	Reading Level 5 and Writing Level 6	3/3
Program of Study Requirements			
PFKN 280	Kinesiology Internship	Reading Level 5 and Writing Level 6 and Department Approval for worksite location and intern prerequisites and responsibilities	3 / 3
Credits			6 / 6
Total Credits			62-67 / 69-78