

LANSING COMMUNITY COLLEGE

Health & Public Services

Curriculum Code: 1704
 (Effective Fall 2018 –
 Summer 2023)

Group Fitness Instructor C.C. Pathway

After successful completion of this certificate individuals are prepared to take a Group Fitness Instructor 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 Group Fitness Instructor Certification is obtained, individuals are prepared for jobs as a Group Fitness Instructor and are eligible to take the Level 1 Exercise is Medicine® (EIM) credential exam through the American College of Sports Medicine (ACSM). This curriculum is the first certificate in the Professional Fitness Leader Program.

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
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
Anatomy and Physiology - <i>Select A or B</i>			
<i>Students planning to transfer to a four-year institution are encouraged to complete B (BIOL 201 and 202)</i>			
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

Communication - <i>Select 1</i>			
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
Credits			14 / 16
Semester II Spring	Course Title	Prerequisites	Credit/Billing Hours
Program of Study Requirements			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 106	Group Fitness Instructor Prep	Reading Level 5 and Writing Level 4	3 / 4
PFKN 200	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
Anatomy and Physiology - <i>For Students Selecting B</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
Credits			12-16 / 14-19
Total Credits			26-30 / 30-35