

LANSING COMMUNITY COLLEGE

Health & Public Services

Curriculum Code: 1705
(Effective Fall 2018 –
Summer 2023)

Personal Trainer C.A. Pathway

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 through the American College of Sports Medicine (ACSM). 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.

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			
PFW 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			
PFW 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
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
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
Total Credits			41-45 / 47-52