



## Professional Fitness Leader A.A.S.

Curriculum Code: 1703

Effective: Fall 2019 – Summer 2024

### Description

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.

### Additional Information

Students planning to transfer to a four-year institution are encouraged to complete BIOL 201 and 202, rather than BIOL 145.

### Contact 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.

### General Education Core Courses, Recommended Choices

(For the full list of options, see [General Education Core](#))

- Communication  
Program of Study Required Courses will meet this requirement.
- Global Perspective and Diversity – *Select one*  
MGMT 234, Diversity in the Workplace, 3 credits / 3 billing hours
- Math – *Select one*  
MATH 120, College Algebra, 4 credits / 4 billing hours  
STAT 170, Introduction to Statistics, 4 credits / 4 billing hours
- Science  
Program of Study Required Courses will meet this requirement.
- Writing – *Select one*  
ENGL 121, Composition I, 4 credits / 4 billing hours  
ENGL 131, Honors Composition I, 4 credits / 4 billing hours

### Program of Study Required Courses

Course Code	Course Title	Credit / Billing Hours
PFHW 123	Human Nutrition	3 / 3
PFHW 181	Stress Management	1 / 1
PFKN 106	Group Fitness Instructor Prep	3 / 4
PFKN 170	Foundations of Kinesiology	3 / 3
PFKN 200	Exercise Physiology	3 / 3
PFKN 201	Exercise Physiology Lab	1 / 2
PFKN 205	Sport & Exercise Psychology	3 / 3
PFKN 208	Biomechanics	3 / 3
PFKN 210	Athletic Training Principles	3 / 4
PFKN 250	Measurements in Kinesiology	3 / 4
PFKN 260	Growth and Motor Behavior	3 / 3
PFKN 265	Exercise-Diverse Populations	3 / 3
PFKN 270	Personal Trainer Preparation	4 / 5
PFKN 280	Kinesiology Internship	3 / 3
PFWT 123	Weight Training I	2 / 3

### Program of Study Required Courses, Limited Choice – Science Core – *Select one*

Course Code	Course Title	Credit / Billing Hours
BIOL 145	Intro Anatomy and Physiology	4 / 6
BIOL 201 and 202	Human Anatomy and Human Physiology	8 / 11 (total)

### Program of Study Required Courses, Limited Choice – Communication Core – *Select one*

Course Code	Course Title	Credit / Billing Hours
COMM 110	Communication in the Workplace	3 / 3
COMM 120	Dynamics of Communication	3 / 3
COMM 130	Fund of Public Speaking	3 / 3

### Program of Study Required Courses, Limited Choice – *Select one or more courses, minimum of three credits*

Course Code	Course Title	Credit / Billing Hours
BUSN 160	Starting a Business	4 / 4
PFFT 109	Introduction to Fitness	1 / 2
PFFT 113	Core Strength & Flexibility Trng	1 / 2
PFFT 120	Aerobic Exercise	2 / 3
PFFT 170	Yoga: Beginning	1 / 2
PFWT 124	Weight Training II	2 / 3

### Total Credit Hours

62-63 credits / 71-78 billing hours

## Recommended Course Sequence

Semester I (Fall)	Semester II (Spring)
Math Core PFHW 181 PFKN 170 PFKN 205 Limited Choice – Science Core	Writing Core PFHW 123 PFKN 106 (Spring only) PFKN 250 Limited Choice – Science Core (if selected BIOL 201/202)

Semester III (Summer)	Semester IV (Fall)
PFWT 123	PFKN 208 (Fall only) PFKN 260 PFKN 265 (Fall only) PFKN 270 (Fall only)

Semester V (Spring)	Semester VI (Summer)
PFKN 200 (Spring only) PFKN 201 (Spring only) PFKN 210 (Spring only) Limited Choice – Communication Core Limited Choice	Global Perspectives and Diversity Core PFKN 280