



Kinesiology/Exercise Science A.A.S.

Career Community: Health Careers

Curriculum Code: 1639

Effective: Fall 2025 – Summer 2030

Purpose of the Major

This curriculum is designed to prepare individuals for a career as a Fitness Leader, such as a certified Group Fitness Instructor, a certified Personal Trainer, or to transfer to a four-year college or university to pursue a baccalaureate degree in Exercise Science/Kinesiology. 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 curriculum includes course options from the Group Fitness Instructor Certificate of Completion as well as the Personal Trainer Certificate of Achievement.

Students are also prepared to pursue entry-level employment in the areas of recreation, fitness, and health careers. Opportunities for Group Exercise certification and Personal Training certification are available.

For students who intend to transfer to a four-year college or university to pursue a baccalaureate degree, completion of this curriculum will also satisfy the Michigan Transfer Agreement (MTA) between two-year and four-year institutions in Michigan and qualify for an LCC Transfer Studies Certificate of Achievement (1482).

Milestone

In addition to the required General Education courses in Math and English, completion of BIOL 145, or BIOL 201 and BIOL 202, with a 2.0 or higher is a key component for success in completing this program. Knowledge obtained in these courses is the foundation for learning in other required courses. Students are encouraged to contact their faculty if they need additional assistance with learning the concepts presented in these courses.

Additional Information

All courses must be completed with a minimum 2.0 grade to receive this degree. Some courses are offered only once a year. Review the recommended course sequence section of this pathway for course offering timeframes. To complete this degree in four semesters, students should follow the recommended course sequence.

Not all courses in this curriculum transfer to all colleges. Students planning to transfer should see an academic advisor before enrolling in any course and should select coursework indicated for that institution. General education and subject area requirements vary from one college or university to another.

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

Contact Information

For further information, including about career options, course substitutions and waivers, etc., contact the Kinesiology 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.

Major Required Courses - *A minimum grade of 2.0 is required to meet LCC degree requirements for General Education courses and for all courses to transfer to other colleges (some colleges, and some programs within colleges, require a higher grade in a course.)*

| Course Code | Course Title | Credit/ Billing Hours |
|--|--|---|
| ACAD 100 | First-Year Experience | 1 / 1 |
| BIOL 145 or BIOL 201 and BIOL 202 | Intro Anatomy and Physiology Human Anatomy and Human Physiology | 4 / 6 8 / 11 |
| CHEM 151 | General Chemistry Lecture I | 4 / 4 |
| CHEM 161 | General Chemistry Lab I | 1 / 3 |
| COMM 110 or COMM 120 or COMM 130 or ENGL 122 or ENGL 132 | Communication in the Workplace Dynamics of Communication Fundamentals Public Speaking Composition II Honors Composition II | 3 / 3 3 / 3 3 / 3 4 / 4 4 / 4 |
| ENGL 121 or ENGL 131 | Composition I Honors Composition I | 4 / 4 4 / 4 |
| MATH 120 or MATH 126 or MATH 151 or STAT 170 | College Algebra Precalculus Calculus I Introduction to Statistics | 4 / 4 5 / 5 4 / 4 4 / 4 |
| PFFT 109 | Introduction to Fitness | 1 / 2 |
| PFHW 163 | Healthy Lifestyles | 2 / 3 |
| PFKN 170 | Foundations of Kinesiology | 3 / 3 |
| PFKN 200 | Exercise Physiology | 3 / 3 |
| PFKN 201 | Exercise Physiology Lab | 1 / 2 |
| PFKN 208 | Biomechanics | 3 / 3 |
| PFKN 250 | Measurements in Kinesiology | 3 / 4 |
| PFKN 260 | Growth and Motor Behavior | 3 / 3 |
| PFWT 112 | Intro to Weight Training | 1 / 2 |
| PSYC 200 | Introduction to Psychology | 4 / 4 |
| SOCL 120 | Introduction to Sociology | 4 / 4 |

Notes:

ACAD 100 may be waived when students meet one of the following College-approved waiver criteria:

- Completion of 12 college-level credits with minimum grades of 2.0 shown on the LCC transcript (including transfer, if applicable), or
- Employment in the field of, or a field related to, the degree being sought, or
- For Health Careers students, successful completion of CHSE 100.

Students wishing to waive ACAD 100 should contact their advisor.

Students planning to transfer choose BIOL 201 and BIOL 202, and MATH 120 or MATH 126 or MATH 151.

Non-transfer students may choose BIOL 145 and STAT 170.

For future transfer to:

- Central Michigan University (Athletic Training) choose BIOL 201 and BIOL 202, and COMM 120 or COMM 130 or ENGL 122 or ENGL 132, and STAT 170.
- Eastern Michigan University (Exercise Science) choose BIOL 201 and BIOL 202, and ENGL 122 or ENGL 132, and MATH 126.
- Oakland University (Exercise Science) choose BIOL 201 and BIOL 202, and ENGL 122 or ENGL 132, and MATH 126.

Major Required Courses, Limited Choice - Kinesiology – Select 3 credits

| Course Code | Course Title | Credit / Billing Hours |
|-------------|-------------------------------|------------------------|
| CHSE 120 | Medical Terminology | 4 / 4 |
| PFHW 123 | Human Nutrition | 3 / 3 |
| PFHW 181 | Stress Management | 1 / 1 |
| PFKN 106 | Group Fitness Instructor Prep | 3 / 4 |
| PFKN 205 | Sport & Exercise Psychology | 3 / 3 |
| PFKN 210 | Athletic Training Principles | 3 / 4 |
| PFKN 270 | Personal Trainer Preparation | 4 / 5 |
| PFKN 280 | Kinesiology Internship | 3 / 3 |
| PHYS 221 | Introductory Physics I | 4 / 6 |

For future transfer to:

- Central Michigan University (Athletic Training) choose CHSE 120 or PFHW 123 or PFKN 210 or PHYS 221.
- Eastern Michigan University (Exercise Science) choose PFHW 123 or PHYS 221.
- Oakland University (Exercise Training) choose PFHW 123 or PHYS 221.

General Education – Transfer Degrees (MTA), Recommended Courses

Select courses as indicated for specific transfer institutions. These courses are preferred General Education courses listed on Transfer Articulation agreements. The recommended courses in each General Education category also meet Michigan Transfer Agreement (MTA) requirements. If no course is indicated, choose from the list of options under [General Education -Transfer Degrees \(MTA\)](#). A minimum grade of 2.0 is required for each General Education course.

- English Composition
Major Required Courses meet this requirement.
- English Composition (second course)/Communication
Major Required Courses meet this requirement.
- Humanities and Fine Arts – *Select two, each from a different discipline.*
HUMS 223, The Western World to 1500, 4 credits / 4 billing hours
HUMS 224, The Western World since 1500, 4 credits / 4 billing hours
PHIL 151, Intro to Logic & Critical Thinking, 4 credits / 4 billing hours
PHIL 152, Introduction to Ethics, 4 credits / 4 billing hours
- Mathematics
Major Required Courses meet this requirement.
- Natural Sciences
Major Required Courses meet this requirement.
- Social Sciences
Major Required Courses meet this requirement.

Additional Credits

After completing the course and credit requirements as noted on this pathway, students who fall short of the 60-credit minimum required for an Associate Degree may select any course(s) needed to reach 60 credits, except those courses noted in number 7 in the [Institutional Requirements for Associate Degrees](#). Students are encouraged to use Degree Works and meet with an Advisor to ensure all requirements are met and for course recommendations.

Minimum Total Credit Hours

60 credits / 68 billing hours

Recommended Course Sequence

| Semester I (Fall) |
|--|
| ACAD 100 |
| ENGL 121 or ENGL 131 |
| MATH 120 or MATH 126 or MATH 151 or STAT 170 |
| PFFT 109 |
| PFHW 163 |
| PFKN 170 |

| Semester II (Spring) |
|------------------------------------|
| BIOL 145 or 201 – Milestone course |
| PFKN 250 |
| PFKN 260 |
| PSYC 200 |
| Limited Choice – Kinesiology |

| Semester III (Fall) |
|--|
| BIOL 202 (if selected BIOL 201/202) – Milestone course |
| PFKN 208 (Fall offering only) |
| PFWT 112 |
| SOCL 120 |
| Limited Choice – Kinesiology (if needed) |
| MTA Humanities and Fine Arts |

| Semester IV (Spring) |
|--|
| CHEM 151 |
| CHEM 161 |
| COMM 110 or COMM 120 or COMM 130 or ENGL 122 or ENGL 132 |
| PFKN 200 (Spring offering only) |
| PFKN 201 (Spring offering only) |
| MTA Humanities and Fine Arts |

LCC makes every effort to limit revisions to the pathways during their effective timeframe. However, the College reserves the right to update certificate and degree titles, and make course changes as needed, without prior notice. The College also reserves the right to discontinue programs when warranted.