



Personal Trainer C.A.

Career Community: Health Careers

Curriculum Code: 1705

Effective: Fall 2025 – Summer 2030

Purpose of the Major

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), American College of Sports Medicine® (ACSM), National Academy of Sports Medicine (NASM), or National Strength and Conditioning Association (NCSA). 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 Kinesiology/Exercise Science Program curriculum. Courses for this certificate may be applied toward the Kinesiology/Exercise Science Associate in Applied Science Degree.

Milestone

In addition to the required Math course, 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 certificate.

Some courses are offered only once a year. Review the recommended course sequence section of this pathway for course offering timeframes. To complete this certificate in three semesters, students should follow the recommended course sequence.

Contact Information

For further information, including 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

Course Code	Course Title	Credit / Billing Hours
BIOL 145 or BIOL 201 and BIOL 202	Intro Anatomy and Physiology Human Anatomy and Human Physiology	4 / 6 8 / 11 (total)
COMM 110 or COMM 120 or COMM 130 or ENGL 121	Communication in the Workplace Dynamics of Communication Fundamentals Public Speaking Composition I	3 / 3 3 / 3 3 / 3 4 / 4

Course Code	Course Title	Credit / Billing Hours
MATH 120 or	College Algebra	4 / 4
MATH 126 or	Precalculus	5 / 5
MATH 151 or	Calculus I	4 / 4
STAT 170	Introduction to Statistics	4 / 4
PFFT 109	Introduction to Fitness	1 / 2
PFW 123 or	Human Nutrition	3 / 3
PFW 181 or	Stress Management	1 / 1
PKN 205 or	Sport & Exercise Psychology	3 / 3
PKN 210	Athletic Training Principles	3 / 4
PFW 163	Healthy Lifestyles	2 / 3
PKN 106	Group Fitness Instructor Prep	3 / 4
PKN 170	Foundations of Kinesiology	3 / 3
PKN 200	Exercise Physiology	3 / 3
PKN 201	Exercise Physiology Lab	1 / 2
PKN 208	Biomechanics	3 / 3
PKN 250	Measurements in Kinesiology	3 / 4
PKN 260	Growth and Motor Behavior	3 / 3
PKN 270	Personal Trainer Preparation	4 / 5
PKN 280	Kinesiology Internship	3 / 3
PWT 112	Intro to Weight Training	1 / 2

Notes:

Students planning to transfer choose BIOL 201 and BIOL 202, ENGL 121, and MATH 120 or MATH 126 or MATH 151.

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

Additional Credits

After completing the course and credit requirements as noted on this pathway, students who fall short of the 30-credit minimum required for a Certificate of Achievement may select any course(s) needed to reach 30 credits, except those courses noted in number 7 in the [Institutional Requirements for Certificates of Achievement](#). 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

42 credits / 51 billing hours

Recommended Course Sequence

Semester I (Fall)
BIOL 145 or BIOL 201 – Milestone course
MATH 120 or MATH 126 or MATH 151 or STAT 170
PFFT 109
PFW 163
PKN 170

Semester II (Spring)
BIOL 202 (if selected BIOL 201 and 202) – Milestone course
PFHW 123 or PFHW 181 or PFKN 205 or PFKN 210
PFKN 106 (Spring offering only)
PFKN 200 (Spring offering only)
PFKN 201 (Spring offering only)
PFKN 250
PFWT 112

Semester III (Fall)
COMM 110 or COMM 120 or COMM 130 or ENGL 121
PFKN 208 (Fall offering only)
PFKN 260
PFKN 270 (Fall offering only)
PFKN 280

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.