

## LANSING COMMUNITY COLLEGE

### CURRICULUM GUIDE

Group Fitness Instructor  
Certificate of Completion

Curriculum Code: 1704 (Effective Fall 2016 – Summer 2021)

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. This curriculum is the first certificate in the Professional Fitness Leader Program. Courses for this certificate may be applied toward the Lansing Community College Personal Trainer Certificate of Achievement and Professional Fitness Leader Associate in Applied Science Degree.

#### PREREQUISITES

Students should see [Course Descriptions](#) for course prerequisite information. See [Academic Assessment and Placement Testing for Student Success](#) for skills assessment and advising information.

#### INFORMATION

Contact the Fitness and Wellness Programs, Health and Human Services Building, Room 108, telephone number (517) 483-1410 (Website: [www.lcc.edu/hhs/programs/kinesiology/](http://www.lcc.edu/hhs/programs/kinesiology/)) or the Academic Advising Center, Gannon Building – StarZone, telephone number (517) 483-1904.

#### REQUIREMENTS

CODE	TITLE	TOTAL: 22 CREDITS CREDIT HOURS
PFWH 123	Human Nutrition	3
PFWH 181	Stress Management	1
PFKN 106	Group Fitness Instructor Prep	3
PFKN 170	Foundations of Kinesiology	3
PFKN 200	Exercise Physiology	3
PFKN 205	Sport & Exercise Psychology	3
PFKN 250	Measurements in Kinesiology	3
SPCH 120	Dynamics of Communication	3

**LIMITED CHOICE REQUIREMENTS****TOTAL: 4 –8 CREDITS**Complete the indicated number of credits from **EACH CHOICE** listed below.**CHOICE 1: Anatomy and Physiology** (Choose one Subchoice–See Note 1) **4–8****Subchoice 1A:**

BIOL 145 Intro Anatomy and Physiology 4

**Subchoice 1B:**

BIOL 201 Human Anatomy 4

BIOL 202 Human Physiology 4

**MINIMUM TOTAL 26****NOTE:**

1. Students planning to transfer to a four–year institution are encouraged to take BIOL 201 and BIOL 202.

**SUGGESTED COURSE SEQUENCE**

Students should see course descriptions to find out when departments plan to offer courses. Students who for any reason are unable to follow the course sequence suggested below (for example, those who are part–time, have transferred in courses from another school, or have prerequisites to fulfill) should contact an academic advisor for help with adjustments.

**I Fall****II Spring**

PFHW 181

PFHW 123

PFKN 170

PFKN 106

PFKN 205

PFKN 200

SPCH 120

PFKN 250

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