

LANSING COMMUNITY COLLEGE			
Health & Public Services			
Curriculum Code: 1703 (Effective Fall 2017 – Summer 2022)	Professional Fitness Leader A.A.S. Pathway		
Semester I FALL	Course Title	Prerequisites	Credit/ Billing Hours
<p>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). Once either of these certifications are obtained, individuals are eligible to take the Level 1 Exercise is Medicine® (EIM) credential exam.</p>			
<p>Students interested in this program of study must refer to the <a href="#">Health and Human Services Division website</a> for specific details.</p>			
<p align="center"><b>Science Core Area - <i>Select A or B</i></b></p> <p>Students completing <b>A</b> (BIOL 145) or <b>B</b> (BIOL 201 and 202) will fulfill the requirements for the Science CORE Area. Students planning to transfer to a four-year institution are encouraged to complete <b>B</b> (BIOL 201 and 202).</p>			
BIOL 145 <b>A</b>	Intro Anatomy and Physiology	Reading Level 5 and Writing Level 6 and Math Level 4	4 / 6
BIOL 201 <b>B</b>	Human Anatomy	Reading Level 5 and Writing Level 6 and Math Level 4	4 / 6
<p align="center"><b>Communication Core Area - <i>Select 1</i></b></p>			
COMM 110 (formerly SPCH 110)	Oral Comm in the Workplace	(Reading Level 5 and Writing Level 6) or AASD 104 concurrently	3 / 3
COMM 120 (formerly SPCH 120)	Dynamics of Communication	Reading Level 5 and Writing Level 6	3 / 3
COMM 130 (formerly SPCH 130)	Fund of Public Speaking	Reading Level 5 and Writing Level 6	3 / 3

Program of Study Requirements			
PFHW 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
<b>Credits</b>			<b>14 / 16</b>
Semester II SPRING	Course Title	Prerequisites	Credit/ Billing Hours
<b>Science Core Area - <i>For Students Selecting B</i></b> Students completing <b>A</b> (BIOL 145) or <b>B</b> (BIOL 201 and 202) have fulfilled the requirements for the Science CORE Area. Students planning to transfer to a four-year institution are encouraged to complete <b>B</b> (BIOL 201 and 202).			
BIOL 202 <b>B</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
Program of Study Requirements			
PFHW 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
<b>Credits</b>			<b>12-16 / 14-19</b>

<b>Semester III SUMMER</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/ Billing Hours</b>
<b>Program of Study Requirements</b>			
PFWT 123	Weight Training I	None	2 / 3
<b>Credits</b>			<b>2 / 3</b>
<b>Semester IV FALL</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/ Billing Hours</b>
<b>Program of Study Requirements</b>			
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
<b>Credits</b>			<b>13 / 14</b>
<b>Semester V SPRING</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/ Billing Hours</b>
<b>Math Core Area - <i>Select 1</i></b>			
MATH 120	College Algebra	(Minimum 2.0 in MATH 109 or MATH 112 within 2 years or Math Level 6 within 2 years) and Reading Level 5 and Writing Level 4	4 / 4
STAT 170	Introduction to Statistics	(Minimum 2.0 in MATH 105 or MATH 106 or above or Math Level 5) and Reading Level 5 and Writing Level 4	4/4

<b>Writing Core Area - <i>Select 1</i></b>			
ENGL 121 <i>(formerly WRIT 121)</i>	Composition I	Reading Level 5 and Writing Level 6	4 / 4
ENGL 131 <i>(formerly WRIT 131)</i>	Honors Composition I	Reading Level 5 and Writing Level 7	4 / 4
<b>Program of Study Requirements</b>			
PFKN 210 <i>Offered Spring semester only</i>	Athletic Training Principles	Reading Level 5 and Writing Level 6	3 / 4
<b>Professional Related Electives - <i>Select Courses to equal 4-5 credits</i></b>			
BUSN 160	Starting a Business	Reading Level 5 and Writing Level 4 and Math Level 4	4 / 4
PFFT 109	Introduction to Fitness	None	1 / 2
PFFT 113	Core Strength & Flexibility Trng	None	1 / 2
PFFT 120	Aerobic Exercise	None	2 / 3
PFFT 170	Yoga: Beginning	None	1 / 2
PFWT 124	Weight Training II	None	2 / 3
			<b>Credits</b> 15-16 / 16-20
<b>Semester VI SUMMER</b>	<b>Course Title</b>	<b>Prerequisites</b>	<b>Credit/ Billing Hours</b>
<b>Global Perspectives and Diversity Core Area - <i>Select 1</i></b>			
MGMT 234	Diversity in the Workplace	Reading Level 5 and Writing Level 6	3/3
<b>Program of Study Requirements</b>			
PFKN 280	Kinesiology Internship	Reading Level 5 and Writing Level 6 and Department Approval	3 / 3
			<b>Credits</b> 6 / 6
			<b>Total Credits</b> 62-67 / 69-78