

LANSING COMMUNITY COLLEGE

Health & Public Services

Curriculum Code: 1704  
(Effective Fall 2017 –  
Summer 2022)

**Group Fitness Instructor C.C. Pathway**

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.

Students interested in this program of study must refer to the [Health and Human Services Division website](#) for specific details.

Semester I Fall	Course Title	Prerequisites	Credit/ Billing Hours
<b>Program of Study Requirements</b>			
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>Anatomy and Physiology - <i>Select A or B</i></b> Students planning to transfer to a four-year institution are encouraged to complete <b>B</b> (BIOL 201 and 202).			
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
<b>Communication - <i>Select 1</i></b>			
COMM 110 <i>(formerly SPCH 110)</i>	Oral Comm in the Workplace	(Reading Level 5 and Writing Level 6) or AASD 104 concurrently	3 / 3
COMM 120 <i>(formerly SPCH 120)</i>	Dynamics of Communication	Reading Level 5 and Writing Level 6	3 / 3
COMM 130 <i>(formerly SPCH 130)</i>	Fund of Public Speaking	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>Program of Study Requirements</b>			
PFHW 123	Human Nutrition	Reading Level 5 and Writing Level 6	3 / 3
PFKN 106	Group Fitness Instructor Prep	Reading Level 5 and Writing Level 4	3 / 4
PFKN 200	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>Anatomy and Physiology - <i>For Students Selecting B</i></b>			
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
<b>Credits</b>			<b>12-16 / 14-19</b>
<b>Total Credits</b>			<b>26-30 / 30-35</b>