

LANSING COMMUNITY COLLEGE			
Health & Public Services			
Curriculum Code: 1705 (Effective Fall 2017 – Summer 2022)	Personal Trainer C.A. Pathway		
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), or American College of Sports Medicine®(ACSM).			
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
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
Anatomy and Physiology - <i>Select A or B</i>			
Students planning to transfer to a four-year institution are encouraged to complete B (BIOL 201 and 202).			
BIOL 145 A	Intro Anatomy and Physiology	Reading Level 5 and Writing Level 6 and Math Level 4	4 / 6
BIOL 201 B	Human Anatomy	Reading Level 5 and Writing Level 6 and Math Level 4	4 / 6
Communication - <i>Select 1</i>			
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
Credits			14 / 16

Semester II Spring	Course Title	Prerequisites	Credit/ Billing Hours
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
Anatomy and Physiology - <i>For Students Selecting B</i>			
BIOL 202 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
Credits			12-16 / 14-19
Semester III Summer	Course Title	Prerequisites	Credit/ Billing Hours
Program of Study Requirements			
PFWT 123	Weight Training I	None	2 / 3
Credits			2 / 3

Semester IV Fall	Course Title	Prerequisites	Credit/ Billing Hours
Program of Study Requirements			
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
Credits			13 / 14
Total Credits			41-45 / 47-52