



## Group Fitness Instructor C.C.

Curriculum Code: 1704

Effective: Fall 2019 – Summer 2024

### Description

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 through the American College of Sports Medicine (ACSM). This curriculum is the first certificate in the Professional Fitness Leader Program.

### Additional Information

Students planning to transfer to a four-year institution are encouraged to complete BIOL 201 and 202, rather than BIOL 145.

### Contact Information

Contact the Kinesiology/Professional Fitness Leader 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.

### Program of Study Required Courses

Course Code	Course Title	Credit / Billing Hours
PFHW 123	Human Nutrition	3 / 3
PFHW 181	Stress Management	1 / 1
PFKN 106	Group Fitness Instructor Prep	3 / 4
PFKN 170	Foundations of Kinesiology	3 / 3
PFKN 200	Exercise Physiology	3 / 3
PFKN 201	Exercise Physiology Lab	1 / 2
PFKN 205	Sport & Exercise Psychology	3 / 3
PFKN 250	Measurements in Kinesiology	3 / 4

### Program of Study Required Courses, Limited Choice - Biology – *Select one*

Course Code	Course Title	Credit / Billing Hours
BIOL 145	Intro Anatomy and Physiology	4 / 6
BIOL 201 and 202	Human Anatomy and Human Physiology	8 / 11 (total)

### Program of Study Required Courses, Limited Choice - Communication – *Select one*

Course Code	Course Title	Credit / Billing Hours
COMM 110	Communication in the Workplace	3 / 3
COMM 120	Dynamics of Communication	3 / 3
COMM 130	Fund of Public Speaking	3 / 3

## Total Credit Hours

27-31 credits / 32-37 billing hours

## Recommended Course Sequence

Semester I (Fall)	Semester II (Spring)
PFHW 181 PFKN 170 PFKN 205 Limited Choice - Biology Limited Choice - Communication	PFHW 123 PFKN 106 (Spring only) PFKN 200 (Spring only) PFKN 201 (Spring only) PFKN 250 Limited Choice - Biology (if selected BIOL 201/202)