



Personal Trainer C.A.

Curriculum Code: 1705

Effective: Fall 2019 – Summer 2024

Description

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). Once the Personal Trainer Certification is obtained, individuals are prepared for jobs as a Personal Trainer 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 second certificate in the Professional Fitness Leader Program. Courses for this certificate may be applied toward the Lansing Community College Professional Fitness Leader Associate in Applied Science Degree.

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 208	Biomechanics	3 / 3
PFKN 250	Measurements in Kinesiology	3 / 4
PFKN 260	Growth and Motor Behavior	3 / 3
PFKN 265	Exercise-Diverse Populations	3 / 3
PFKN 270	Personal Trainer Preparation	4 / 5
PFWT 123	Weight Training I	2 / 3

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

42-46 credits / 49-54 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)

Semester III (Summer)	Semester IV (Fall)
PFWT 123	PFKN 208 (Fall only) PFKN 260 PFKN 265 (Fall only) PFKN 270 (Fall only)