



## Group Fitness Instructor C.C.

Curriculum Code: 1704

Effective: Fall 2020 – Summer 2025

### 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.

### Contact Information

Contact the Kinesiology 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
PFFT 109	Introduction to Fitness	1 / 2
PFHW 163	Healthy Lifestyles	2 / 3
PFKN 106	Group Fitness Instructor Prep	3 / 4
PFKN 170	Foundations of Kinesiology	3 / 3
PFKN 250	Measurements in Kinesiology	3 / 4
PFKN 260	Growth and Motor Behavior	3 / 3
PFWT 112	Intro to Weight Training	1 / 2

### Program of Study Required Courses, Limited Choice – English/Communications –

*Select one. Students planning to transfer to a four-year institution are encouraged to complete ENGL 122.*

Course Code	Course Title	Credit / Billing Hours
COMM 110	Communication in the Workplace	3 / 3
COMM 120	Dynamics of Communication	3 / 3
COMM 130	Fundamentals Public Speaking	3 / 3
ENGL 122	Composition II	4 / 4

**Program of Study Required Courses, Limited Choice – Mathematics** – *Select one. Students planning to transfer to a four-year institution for Kinesiology should complete a MATH course rather than STAT 170.*

Course Code	Course Title	Credit / Billing Hours
MATH 120	College Algebra	4 / 4
MATH 121	Precalculus I	4 / 4
MATH 122	Precalculus II	4 / 4
MATH 151	Calculus	4 / 4
STAT 170	Introduction to Statistics	4 / 4

**Program of Study Required Courses, Limited Choice – Biology**– *Select one. Students planning to transfer to a four-year institution should complete BIOL 201 and 202.*

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)

### Total Credit Hours

27-32 credits / 34-40 billing hours

### Recommended Course Sequence

Semester I	Semester II
PFFT 109	BIOL 202 (if selected BIOL 201 and 202)
PFHW 163	PFKN 106
PFKN 170	PFKN 250
BIOL 145 or 201	PFKN 260
Limited Choice – English Composition (second choice)/Communications	PFWT 112
Limited Choice - Mathematics	