



## Personal Trainer C.A.

Career Community: Health and Human Service Careers

Curriculum Code: 1705

Effective: Fall 2022 – Summer 2027

### 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), American College of Sports Medicine®(ACSM), National Academy of Sports Medicine (NASM), or National Strength and Conditioning Association (NCSA). 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 Kinesiology Program curriculum. Courses for this certificate may be applied toward the Lansing Community College Kinesiology Associate in Applied Science Degree.

### Milestone

In addition to the required Math course, completion of BIOL 145, or BIOL 201 and BIOL 202, with a 2.0 or higher is a key component for success in completing this program. Knowledge obtained in these courses is the foundation for learning in other required courses. Students are encouraged to contact their faculty if they need additional assistance with learning the concepts presented in these courses.

### 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 200    | Exercise Physiology           | 3 / 3                  |
| PFKN 201    | Exercise Physiology Lab       | 1 / 2                  |
| PFKN 208    | Biomechanics                  | 3 / 3                  |
| PFKN 250    | Measurements in Kinesiology   | 3 / 4                  |
| PFKN 260    | Growth and Motor Behavior     | 3 / 3                  |
| PFKN 270    | Personal Trainer Preparation  | 4 / 5                  |
| PFKN 280    | Kinesiology Internship        | 3 / 3                  |
| PFWT 112    | Intro to Weight Training      | 1 / 2                  |

**Program of Study Required Courses, Limited Choice – Biology** – *Select one. Students planning to transfer to a four-year institution must take 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)         |

**Program of Study Required Courses, Limited Choice – English/Communications** – *Select one. Students planning to pursue a bachelor degree 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 pursue a bachelor degree are encouraged to complete a MATH course.*

| Course Code | Course Title               | Credit / Billing Hours |
|-------------|----------------------------|------------------------|
| MATH 120    | College Algebra            | 4 / 4                  |
| MATH 122    | Trigonometry               | 4 / 4                  |
| MATH 126    | Precalculus                | 5 / 5                  |
| MATH 151    | Calculus I                 | 4 / 4                  |
| STAT 170    | Introduction to Statistics | 4 / 4                  |

**Program of Study Required Courses, Limited Choice – Personal Trainer**– *Select one*

| Course Code | Course Title                 | Credit / Billing Hours |
|-------------|------------------------------|------------------------|
| PFHW 123    | Human Nutrition              | 3 / 3                  |
| PFHW 181    | Stress Management            | 1 / 1                  |
| PFKN 205    | Sport & Exercise Psychology  | 3 / 3                  |
| PFKN 210    | Athletic Training Principles | 3 / 4                  |

### Minimum Total Credit Hours

42 credits / 51 billing hours

### Recommended Course Sequence

|                                    |
|------------------------------------|
| Semester I (Fall)                  |
| PFFT 109                           |
| PFHW 163                           |
| PFKN 170                           |
| BIOL 145 or 201 – Milestone course |
| Limited Choice – Mathematics       |

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| Semester II (Spring)                                   |
| BIOL 202 (if selected BIOL 201/202) – Milestone course |
| PFKN 106   |
| PFKN 200   |
| PFKN 201   |
| PFKN 250   |
| PFWT 112   |
| Limited Choice – Personal Trainer                      |

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| Semester III (Fall)                     |
| PFKN 208                                |
| PFKN 260                                |
| PFKN 270                                |
| PFKN 280                                |
| Limited Choice – English/Communications |

*LCC makes every effort to limit revisions to the pathways during their effective timeframe. However, the College reserves the right to update certificate and degree title changes, and make course changes as needed, without prior notice.*