



## **Kinesiology/Exercise Science A.A.S.**

Career Community: Health and Human Service Careers

Curriculum Code: 1639

Effective: Fall 2023 – Summer 2028

### **Description**

This curriculum is designed to prepare individuals for a career as a Fitness Leader, such as a certified Group Fitness Instructor, a certified Personal Trainer, or to transfer to a four-year college or university to pursue a baccalaureate degree in Kinesiology. Upon completion of the AAS degree, individuals are prepared to take a Group Fitness Instructor certification exam as well as a Personal Trainer certification exam given by a National Commission for Certifying Agencies (NCCA) accrediting organization such as American Council on Exercise® (ACE), or American College of Sports Medicine® (ACSM). This curriculum includes course options from the Group Fitness Instructor Certificate of Completion as well as the Personal Trainer Certificate of Achievement.

Students are also prepared to pursue entry-level employment in the areas of recreation, fitness, and health careers. Opportunities for Group Exercise certification and Personal Training certification are available.

For students who intend to transfer to a four-year college or university to pursue a baccalaureate degree, completion of this curriculum will also satisfy the Michigan Transfer Agreement (MTA) between two-year and four-year institutions in Michigan and qualify for an LCC Transfer Studies Certificate of Achievement (1482).

### **Milestone**

In addition to the required General Education courses in Math and English, completion of BIOL 145, or BIOL 201 and BIOL 202, with a 2.0 or higher is 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.

### **Additional Information**

All courses must be completed with a minimum 2.0 grade to receive this degree.

Not all courses in this curriculum transfer to all colleges. Students planning to transfer should see an academic advisor before enrolling in any course and should select coursework indicated for that institution. General education and subject area requirements vary from one college or university to another.

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

## Contact Information

For further information, including about career options, course substitutions and waivers, etc., 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.

## General Education – Transfer Degrees (MTA), Recommended Courses

Select courses as indicated for specific transfer institutions. These courses are preferred General Education courses listed on Transfer Articulation agreements. The recommended courses in each General Education category also meet Michigan Transfer Agreement (MTA) requirements. If no course is indicated, choose from the list of options under [General Education](#). A minimum grade of 2.0 is required for each General Education course.

- English Composition  
Health and Human Service Career Community Courses meet this requirement.
- English Composition (second course)/Communication  
Health and Human Service Career Community Courses meet this requirement.
- Humanities and Fine Arts  
Program of Study Required Courses meet this requirement.
- Mathematics  
Health and Human Service Career Community Courses meet this requirement.
- Natural Sciences  
Health and Human Service Career Community Courses and Program of Study Required Courses meet this requirement.
- Social Sciences  
Health and Human Service Career Community Courses meet this requirement.

**Health and Human Service Career Community Required Courses** - A minimum grade of 2.0 is required to meet LCC degree requirements for General Education courses and for all courses to transfer to other colleges (some colleges, and some programs within colleges, require a higher grade in a course.)

Course Code	Course Title	Credit / Billing Hours
ACAD 100	First-Year Experience	1 / 1
BIOL 145 or BIOL 201 and BIOL 202	Intro Anatomy and Physiology Human Anatomy and Human Physiology	4 / 6 8 / 11
COMM 110 or COMM 120 or COMM 130 or	Communication in the Workplace Dynamics of Communication Fundamentals Public Speaking	3 / 3 3 / 3 3 / 3

Course Code	Course Title	Credit / Billing Hours
ENGL 122 or ENGL 132	Composition II Honors Composition II	4 / 4 4 / 4
ENGL 121 or ENGL 131	Composition I Honors Composition I	4 / 4 4 / 4
MATH 117 or MATH 119 or MATH 120 or MATH 126 or MATH 151 or STAT 170 or STAT 215	Math for Business Math – Applications for Living College Algebra Precalculus Calculus I Introduction to Statistics Intro to Probability and Stats	4 / 4 4 / 4 4 / 4 5 / 5 4 / 4 4 / 4 4 / 4
SOCL 120	Introduction to Sociology	4 / 4

Notes:

ACAD 100 may be waived when students meet one of the following College-approved waiver criteria:

- Completion of 12 college-level credits with minimum grades of 2.0 shown on the LCC transcript (including transfer, if applicable), or
- Employment in the field of, or a field related to, the degree being sought, or
- For Health Careers students, successful completion of CHSE 100.

Students wishing to waive ACAD 100 should contact their advisor.

Kinesiology/Exercise Science students choose:

- MATH 120 or MATH 126 or MATH 151 or STAT 170.
- Students planning to transfer choose BIOL 201 and BIOL 202, and MATH 120 or MATH 126 or MATH 151.
- Non-transfer students may choose BIOL 145 and STAT 170.

For future transfer to:

- Central Michigan University (Athletic Training) choose BIOL 201 and BIOL 202, and COMM 120 or COMM 130 or ENGL 122 or ENGL 132, and STAT 170.
- Eastern Michigan University (Exercise Science) choose BIOL 201 and BIOL 202, and ENGL 122 or ENGL 132, and MATH 126.
- Oakland University (Exercise Science) choose BIOL 201 and BIOL 202, and ENGL 122 or ENGL 132, and MATH 126.

**Program of Study Required Courses**

Course Code	Course Title	Credit / Billing Hours
CHEM 151	General Chemistry Lecture I	4 / 4
CHEM 161	General Chemistry Lab I	1 / 3
PFFT 109	Introduction to Fitness	1 / 2

Course Code	Course Title	Credit / Billing Hours
PFHW 163	Healthy Lifestyles	2 / 3
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
PFWT 112	Intro to Weight Training	1 / 2
PSYC 200	Introduction to Psychology	4 / 4

**Program of Study Required Courses, Limited Choice – Gen Ed Humanities and Fine Arts–** *Select one HUMS and one PHIL course.*

Course Code	Course Title	Credit / Billing Hours
HUMS 223	The Western World to 1500	4 / 4
HUMS 224	The Western World since 1500	4 / 4
PHIL 151	Intro to Logic & Critical Think	4 / 4
PHIL 152	Introduction to Ethics	4 / 4

**Program of Study Required Courses, Limited Choice - Kinesiology –** *Select at least one course. Select multiple courses if needed to reach the minimum of 60 credits required for this degree.*

Course Code	Course Title	Credit / Billing Hours
CHSE 120	Medical Terminology	4 / 4
PFHW 123	Human Nutrition	3 / 3
PFHW 181	Stress Management	1 / 1
PFKN 106	Group Fitness Instructor Prep	3 / 4
PFKN 205	Sport & Exercise Psychology	3 / 3
PFKN 210	Athletic Training Principles	3 / 4
PFKN 270	Personal Trainer Preparation	4 / 5
PFKN 280	Kinesiology Internship	3 / 3
PHYS 221	Introductory Physics I	4 / 6

For future transfer to:

- Central Michigan University (Athletic Training) choose CHSE 120 or PFHW 123 or PFKN 210 or PHYS 221.
- Eastern Michigan University (Exercise Science) choose PFHW 123 or PHYS 221.
- Oakland University (Exercise Training) choose PFHW 123 or PHYS 221.

**Minimum Total Credit Hours**

60 credits / 69 billing hours

## Recommended Course Sequence

Semester I (Fall)
ACAD 100
BIOL 145 or 201 – Milestone course
PFFT 109
PFHW 163
PFKN 170
MATH 120 or MATH 126 or MATH 151 or STAT 170

Semester II (Spring)
BIOL 202 (if selected BIOL 201/202) – Milestone course
ENGL 121 or ENGL 131
PFKN 250
PFKN 260
Limited Choice – Kinesiology

Semester III (Fall)
HUMS 223 or HUMS 224
PFKN 208
PFWT 112
PHIL 151 or PHIL 152
SOCL 120
Limited Choice – Kinesiology (if needed)

Semester IV (Spring)
CHEM 151
CHEM 161
COMM 110 or COMM 120 or COMM 130 or ENGL 122 or ENGL 132
PFKN 200
PFKN 201
PSYC 200
Limited Choice – Kinesiology (if needed)

*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.*