



## Group Fitness Instructor C.C.

Career Community: Health and Human Service Careers

Curriculum Code: 1704

Effective: Fall 2023 – Summer 2028

### 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.

### Milestone

In addition to the required Math and English courses, 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.

### Additional Information

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

### Contact Information

For further information, including 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.

### 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/Communication –**  
*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 126	Precalculus	5 / 5
MATH 151	Calculus I	4 / 4
STAT 170	Introduction to Statistics	4 / 4

**Program of Study Required Courses, Limited Choice – Biology–** *Select BIOL 145 or, BIOL 201 and BIOL 202. 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)

### Minimum Total Credit Hours

27 credits / 34 billing hours

### Recommended Course Sequence

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

Semester II (Spring)
BIOL 202 (if selected BIOL 201 and 202) – Milestone course
PFKN 106
PFKN 250
PFKN 260

Semester II (Spring)
PFWT 112

*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.*