



Personal Trainer C.A.

Career Community: Health and Human Service Careers

Curriculum Code: 1705

Effective: Fall 2023 – Summer 2028

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.

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 200	Exercise Physiology	3 / 3
PFKN 201	Exercise Physiology Lab	1 / 2
PFKN 208	Biomechanics	3 / 3
PFKN 250	Measurements in Kinesiology	3 / 4

Course Code	Course Title	Credit / Billing Hours
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 BIOL 145 or, BIOL 201 and BIOL 202. 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 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 BIOL 201 – Milestone course
Limited Choice – Mathematics

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

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

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.