



Kinesiology/Exercise Science A.A.S.

Curriculum Code: 1639

Effective: Fall 2021 – Summer 2026

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).

Additional Information

Not all courses in this curriculum transfer to all colleges. Students planning to transfer should see an academic advisor before enrolling in any course. 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

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

(For the full list of options, see [General Education](#))

- English Composition – *Select one*
ENGL 121, Composition I, 4 credits / 4 billing hours
ENGL 131, Honors Composition I, 4 credits / 4 billing hours

- English Composition (second course)/Communications – *Select one*
 COMM 110, Communication in the Workplace, 3 credits / 3 billing hours
 COMM 120, Dynamics of Communication, 3 credits / 3 billing hours
 COMM 130, Fundamentals Public Speaking, 3 credits / 3 billing hours
 ENGL 122, Composition II, 4 credits / 4 billing hours
 ENGL 132, Honors Composition II, 4 credits / 4 billing hours
- Humanities and Fine Arts – *Select two, each from a different discipline*
 HUMS 213, World Civilizations to 1600, 4 credits / 4 billing hours
 HUMS 214, World Civilizations from 1600, 4 credits / 4 billing hours
 PHIL 151, Intro to Logic & Critical Think, 4 credits / 4 billing hours
 PHIL 152, Introduction to Ethics, 4 credits / 4 billing hours
 PHIL 153, Knowledge and Reality, 4 credits / 4 billing hours
- Mathematics
 Program of Study Required Courses will meet this requirement.
- Natural Sciences
 Program of Study Required Courses will meet this requirement.
- Social Sciences – *Select one from a discipline other than PSYC*
 COMM 280, Intercultural Communication, 3 credits / 3 billing hours
 SOCL 120, Introduction to Sociology, 4 credits / 4 billing hours

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 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 Mathematics –

Select one. Students planning to transfer to a four-year institution for Kinesiology should complete MATH 120, 122, 126, or 151, rather than STAT 170.

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 – Gen Ed Natural Sciences

Biology – *Select one. Students planning to transfer to a four-year institution for Kinesiology should complete BIOL 201 and 202, rather than BIOL 145.*

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

Program of Study Required Courses, Limited Choice – Gen Ed Natural Sciences

Chemistry – *Select one.*

Course Code	Course Title	Credit / Billing Hours
CHEM 151 and 161	General Chemistry Lecture and Lab I	5 / 7
CHEM 182 and 192	Introductory Organic Chemistry and Lab	4 / 6

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

Total Credit Hours

60-66 credits / 69-74 billing hours

Recommended Course Sequence

Semester I (Fall)	Semester II (Spring)
BIOL 145 or 201 PFFT 109 PFHW 163 PFKN 170 Limited Choice - Mathematics	MTA English Composition BIOL 202 (if selected BIOL 201/202) PFKN 250 PFKN 260 Limited Choice – Kinesiology

Semester III (Fall)	Semester IV (Spring)
MTA Humanities and Fine Arts (2 courses) MTA Social Science PFKN 200 PFKN 201 PFWT 112 Limited Choice – Kinesiology (if needed)	MTA English Composition/ Communications PFKN 208 PSYC 200 Limited Choice – Chemistry Limited Choice – Kinesiology (if needed)