



## Personal Trainer C.A.

Curriculum Code: 1705

Effective: Fall 2021 – Summer 2026

### 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.

### 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

**Total Credit Hours**

42-50 credits / 51-61 billing hours

**Recommended Course Sequence**

Semester I (Fall)	Semester II (Spring)
PFFT 109	BIOL 202 (if selected BIOL 201/202)
PFHW 163	PFKN 106
PFKN 170	PFKN 250
BIOL 145 or 201	PFKN 260
Limited Choice - Mathematics	PFWT 112
	Limited Choice – English/Communication

Semester III (Fall)
PFKN 200
PFKN 201
PFKN 208
PFKN 270
PFKN 280
Limited Choice – Personal Trainer