

PHYSICAL EDUCATION FITNESS LEADERSHIP

Credentials

Fitness Leadership certificate	24 cr.
Fitness Leadership AAS degree	60-62 cr.

Major Description

The Fitness Leadership program is designed to begin preparing students for the work and challenges facing the kinesiology professional. Academic preparation in kinesiology provides the foundation for a wide range of careers in fields that are projected to grow, including, but not limited to, exercise physiologist, personal trainer, fitness manager, worksite wellness coordinator, physical therapist, physical therapist assistant, athletic trainer, and group exercise instructor. The Fitness Leadership programs meets the needs of both students seeking career training programs leading to an industry-accepted credential (e.g., personal trainer or group exercise instructor), and those seeking transfer to a four-year institution.

Students will gain an understanding of the principles of exercise physiology and motor development and have the opportunity to apply that knowledge to fitness assessment and exercise techniques. The entrepreneurial aspects of fitness careers will also be explored.

National Median Salaries for Physical Education Fitness Leadership-related positions: *(source: US BLS)*

Exercise Physiologist: \$44,770

Athletic Trainer: \$42,090

Fitness Trainers and Instructors: \$31,720

Fitness Leadership Certificate

Schoolcraft program code # 1YC.00214

The certificate in Fitness Leadership prepares students for entry level positions in the fitness field. Students will have significant preparation toward certification testing as a personal trainer or group exercise instructor. The certificate coursework can later be incorporated in the associate degree if students are interested in furthering their education.

All courses are not offered each semester. Students should work with an academic advisor or counselor to set up a schedule that will work for them. Students who successfully complete all program courses qualify for a certificate of program completion.

SAMPLE SCHEDULE OF CLASSES

First Year—Fall Semester

First Year—Winter Semester

BIOL 101	General Biology	4	BIOL 237	Principles of Anatomy and Physiology 1	4
PE 111	Introduction to Kinesiology	3	PE 202	Lifestyle Fitness and Wellness	2
PE 112	Introduction to Exercise Physiology	3	PE 143	Fitness Tests and Measurements	3
PE 121	First Aid and Personal Safety	2	PE 147	Exercise Techniques	3
	Total Credits	12		Total Credits	12

PROGRAM TOTAL 24 CREDITS

Fitness Leadership AAS Degree

Schoolcraft program code # AAS.00284

The associate degree in Fitness Leadership provides students with a solid foundation to begin a career in the fitness field. It offers a combination of theory and applied classes, combined with an internship in the fitness field. Students completing this program will be well positioned to transfer to a four-year institution in fields such as exercise science, kinesiology, athletic training, and sports management, among others. Students also will be well prepared to take national certification exams for personal fitness trainers and group exercise instructors.

All courses are not offered each semester. Students should work with an academic advisor or counselor to develop a schedule that will work for them. Students who satisfactorily complete all college and program requirements qualify for an associate in applied science degree.

SAMPLE SCHEDULE OF CLASSES

First Year—Fall Semester

BIOL 101	General Biology	4
PE 111	Introduction to Kinesiology	3
ENG 101	English Composition 1	3
PE 112	Introduction to Exercise Physiology	3
	Total Credits	13

First Year—Winter Semester

BIOL 237	Principles of Anatomy and Physiology 1	4
PE 143	Fitness Tests and Measurements	3
PE 147	Exercise Techniques	3
PE 202	Lifestyle Fitness and Wellness	2
	Total Credits	12

First Year—Spring/Summer Session

PSYCH 153	Human Relations	3
Mathematics*	Select any general education mathematics class	3-5
	Total Credits	6-8

Second Year—Fall Semester

BIOL 238	Principles of Anatomy and Physiology 2	4
PE 207	Facilities Operations	3
ENG 102	English Composition 2	3
BUS	Select one	3
BUS 101	Introduction to Business	
BUS 103	Organizing a Small Business	
BUS 120	Strategic Selling	
	Total Credits	13

Second Year—Winter Semester

PE 212	Applied Exercise Physiology	3
COMA 103	Fundamentals of Speech	3
PE 225	Motor Development	3
PE 121	First Aid and Personal Safety	2
	ELECTIVE**	2-3
	Total Credits	13-14

Second Year—Spring/Summer Session

PE 290	Fitness Leadership Internship	3
	Total Credits	3

PROGRAM TOTAL 60 – 63 CREDITS

Students planning to transfer should check the transfer institution's requirements/guides or discuss their options with a counselor or advisor. Number of credits may vary depending on the course selection.

*Students planning to transfer should take MATH 111, 119, or higher.

**Recommended electives include any other PE class or BIOL 115 Nutrition. Students interested in group exercise may want to consider PE 115 Aerobic Dance Fitness and students interested in education may want to consider PE 240 Physical Education for Elementary Teachers. Students planning to transfer may want to consider an MTA approved SOCIAL SCIENCES course.