

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 meet 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.

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.

Students who successfully complete all program courses qualify for a certificate of program completion.

SAMPLE SCHEDULE OF COURSES

First Year—Fall Semester

First Year—Winter Semester

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

PROGRAM TOTAL 24 CREDITS

Not all courses are offered each semester. Students should work with an academic advisor or counselor to develop a schedule that will work for them.

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

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.

Students who satisfactorily complete all college and program requirements qualify for an associate in applied science degree.

SAMPLE SCHEDULE OF COURSES

First Year—Fall Semester

First Year—Winter Semester

BIOL 101	General Biology	4	BIOL 237	Principles of Anatomy & Physiology 1	4
PE 111	Introduction to Kinesiology	3	PE 143	Fitness Tests & Measurements	3
ENG 101	English Composition 1	3	PE 147	Exercise Techniques	3
PE 112	Introduction to Exercise Physiology	3	PE 202	Lifestyle Fitness & Wellness	2
	Total Credits	13		Total Credits	12

First Year—Spring/Summer Session

PSYCH 153	Human Relations	3
Mathematics*	<i>Select General Education Mathematics course</i>	3-5
	Total Credits	6-8

Second Year—Fall Semester

Second Year—Winter Semester

BIOL 238	Principles of Anatomy & Physiology 2	4	PE 212	Applied Exercise Physiology	3
PE 207	Facilities Operations	3	COMA 103	Fundamentals of Speech	3
ENG 102	English Composition 2	3	PE 225	Motor Development	3
BUS	<i>Select one</i>	3	PE 121	First Aid & Personal Safety	2
BUS 101	Introduction to Business		Elective**		2-3
BUS 103	Organizing a Small Business			Total Credits	13-14
BUS 120	Strategic Selling				
	Total Credits	13			

Fitness Leadership AAS Degree (continued)

First Year—Spring/Summer Session

PE 290	Fitness Leadership Internship	3
	Total Credits	3

PROGRAM TOTAL 60-63 CREDITS

**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.*

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