

# GROUP EXERCISE INSTRUCTOR, SHORT-TERM TECHNICAL CERTIFICATE

Curriculum Code #3004

Effective May 2024

Division of Health and Wellness Sciences (<http://catalog.lorainccc.edu/academic-programs/allied-health-nursing-health-physical-education-recreation/>)

This certificate program will prepare students to successfully complete national certification exams in a wide venue of exercise instructor exams. Lorain County Community College has articulation agreements with colleges and universities including programs offered by LCCC's University Partnership.

| Code                          | Title  | Hours     |
|-------------------------------|--|-----------|
| BIOG 115                      | BODY STRUCTURE AND FUNCTION                                    | 3         |
| HLED 153                      | FIRST AID AND SAFETY   | 2         |
| HLED 181                      | NUTRITION AND WEIGHT MANAGEMENT STRATEGIES                     | 2         |
| HPED 173                      | BIOMECHANICS OF RESISTANCE TRAINING                            | 3         |
| HPED 172                      | EXERCISE MANAGEMENT FOR SPECIAL POPULATIONS                    | 2         |
| HPED 166                      | GROUP EXERCISE INSTRUCTOR PREP                                 | 3         |
| HPED 285                      | PRACTICUM SEMINAR SPORTS AND FITNESS PROFESSIONAL <sup>1</sup> | 2         |
| PEFT 151                      | LIFETIME FITNESS   | 1         |
| PEFT 131                      | AEROBIC SPINNING <sup>2</sup>                                  | 1         |
| Select four of the following: |  | 4         |
| PEFT 132                      | ZUMBA  |           |
| PEFT 161                      | BODY TONING  |           |
| PEFT 165                      | CARDIO-KICKBOXING  |           |
| PEWL 186                      | YOGA I   |           |
| PEFT 167                      | PILATES  |           |
| PEFT 168                      | ABDOMINAL WORKOUT  |           |
| SDEV 101                      | INTRODUCTION TO THE LCCC COMMUNITY <sup>3</sup>                | 1         |
| <b>Total Hours</b>            |  | <b>24</b> |

1

Indicates that this course requires a prerequisite.

2

A student must register for the orientation course when enrolling for more than six credit hours per semester or any course that would result in an accumulation of 13 or more credit hours.

Program Contact(s):

**Dr. Lisa Augustine**  
440-366-7352  
laugusti@lorainccc.edu

For information about admissions, enrollment, transfer, graduation and other general questions, please contact your advising team (<https://www.lorainccc.edu/admissions-and-enrollment/advising-and-counseling/>).

More program information can be found on our website. (<https://www.lorainccc.edu/health/exercise-and-fitness/group-exercise-instructor-short-term-certificate/>)

1. High school diploma or GED on file in the LCCC Records office.
2. High school biology or equivalent.

In all associate of applied science and certificate programs, students are **REQUIRED** to attend lecture, college laboratories and off-campus facilities. Transportation to and from off-campus facilities is the responsibility of the students and is not provided by the College.

Credit for Prior Learning (PLA) options may be available for your program. For more information, please visit our website: [www.lorainccc.edu/PLA](http://www.lorainccc.edu/PLA) (<http://www.lorainccc.edu/PLA/>)

Program Learning Outcomes

1. Teach a holistic exercise session with a variety of exercise modalities based on the industry safety standards.
2. Pass a national group exercise certification exam.
3. Demonstrate satisfactory performance as an entry-level group exercise instructor.
4. Lead participants through movement cues, music selection, and strategies for providing effective feedback.