

GROUP EXERCISE INSTRUCTOR, SHORT-TERM TECHNICAL CERTIFICATE

Curriculum Code #3004

Effective May 2019

Division of Health and Wellness Sciences (<http://catalog.lorainccc.edu/previous-catalogs/2019-2020/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 ¹	2
PEFT 151	LIFETIME FITNESS	1
PEFT 131	AEROBIC SPINNING ²	1
Select four of the following:		4
PEFT 132	ZUMBA	
PEFT 133	T-BOW FITNESS	
PEFT 161	BODY TONING	
PEFT 163	STEP AEROBICS	
PEFT 165	CARDIO-KICKBOXING	
PEFT 166		
PEFT 167	PILATES	
PEFT 168	ABDOMINAL WORKOUT	
SDEV 101	COLLEGE 101 ³	1
Total Hours		24

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):

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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.