# GROUP FITNESS CERTIFICATE

***Purpose:*** The Group Fitness Instructor Certification program explores teaching fitness in a class setting, and addresses the skills required to assist others for improving personal fitness and overall quality of life. The Group Fitness Instructor Certification program will prepare students to work in class settings to lead groups of clients in a variety of fitness-based activities. This coursework will expose students to the resources and professional networks that they will require to stay current in their profession over the length of their career. Upon completion of the coursework required, an internship experience allows students to see how their skills are applied in the workplace. Group Fitness Instructor opportunities are available in almost every community in our nation through programs offered at recreational venues, public/private fitness clubs, or as independent businesses. Group Fitness Instructors can implement and lead programs for persons of all ages to meet all fitness needs in any classroom or community setting. Group Fitness Instructors are found at every level, from youth recreation to interscholastic, intercollegiate, amateur and senior populations.

***Award***

*Group Fitness Certificate Program.....27 credits total*
*Group Fitness curriculum ..... 23 credits*
*MnTC curriculum/General Education..... 4 credits*

## RECOMMENDED FULL-TIME COURSE SEQUENCE

*Not all courses are scheduled every semester. See course schedule: https://eservices.minnstate.edu/registration/search/basic.html?campusid=306.*

| Semester 1 | | Semester 2 | |
|---|---|---|---|
| BIOL 1107: Fundamentals of A&P or BIOL: 1110 Human Biology or BIOL: 1217 A&P I | 4 cr | PHED 2240: Methods of Group Fitness (Spring Only) | 3 cr |
| HLTH 1108: Weight Management Through Nutrition and Fitness | 3 cr | PHED 2242: Essentials of Strength and Conditioning (Spring Only) | 3 cr |
| HLTH 1114: Responding to Emergencies (Fall Only) | 3 cr | PHED 2249: Prevention and Care of Athletic Injuries (Spring Only) | 3 cr |
| Program Elective | 3 cr | PHED 2270: Introduction to Physical Education (Spring Only) | 2 cr |
| | | PHED 2293: Personal Trainer/Group Fitness Field Experience | 3 cr |
| **Total Credits** | **13** | **Total Credits** | **14** |

Course descriptions can be found at: https://www.rctc.edu/academics/courses/course-descriptions.