

PRAIRIE STATE COLLEGE
FITNESS AND EXERCISE





FITNESS AND EXERCISE

AT PRAIRIE STATE COLLEGE

The Fitness and Exercise at Prairie State College (PSC) provides student with the skills needed to pursue a promising career. The program teaches the fundamentals and principles of exercise and nutrition as well as human anatomy and physiology.

Classes are conveniently scheduled to fit a student's busy life. An internship supplements the curriculum, giving valuable information and vital experience.

DEGREES AND CERTIFICATES

ASSOCIATE IN APPLIED SCIENCE (A.A.S.)

Fitness and Exercise

CERTIFICATE

Personal Trainer

Group Fitness Instructor

Fitness and Exercise

A.A.S. Degree

Fitness and exercise students will be taught the skills needed to pursue professions in the fitness/exercise industry. Students in the fitness/exercise program will acquire an academic foundation in the fundamentals, principles of exercise and nutrition as well as an understanding of human anatomy and physiology. Practical skills will focus on the development of expertise in fitness assessment, creative health and fitness programming, bio-mechanically sound exercise techniques, training methodology, lifestyle change prescription personalized exercise leadership, and business practices. In addition, courses in English, math, communication, exercise physiology, special populations and administration of an exercise facility will prepare the student to be a qualified fitness professional.

I. General Education Core

16 credits

Area A: Communication

6

ENG 101	Composition I - with a grade of C or better	3
COMM 101	Principles of Communication	3

Area B: Humanities

3

Select one course from the IAI courses listed for Area B

Area C: Mathematics (demonstrated competence required)

Placement into MATH 095 or completion of MATH 090- with a grade of C or better

Area D: Physical and Life Sciences

4

BIOL 111	Cellular and Molecular Biology	4
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Area E: Social and Behavioral Sciences

6

PSYCH 101	Introduction to Psychology	3
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II. Program Requirements

64 credits

BIOL 108	Essentials of Anatomy and Physiology	4
BUS 101	Introduction to Modern Business	3
FRESP 101	First Responder	3
HLTH 101	Health and Wellness	2
PES 210	Lifestyle Fitness Coaching	2
PES 215	Group Fitness Instructor Training	3
PES 220	Fitness Assessment / Exercise Program Design I	3
PES 225	Weight Training: Theory and Application	2
PES 230	Nutrition for Sports and Exercise	3
PES 235	Athletic Training Techniques	3
PES 250	Kinesiology	3
PES 255	Special Populations	3
PES 260	Fitness/Exercise Facility Management	3
PES 265	Physiology of Exercise	3
PES 298	Internship Seminar	1
PES 299	Internship for Personal Trainers	3
PSYCH	Select one course from PSYCH 102, 212	3

III. Electives

2 credits

PE 105	Aerobics I	1
PE 106	Aerobics II	1
PE 107	Aerobics III	1
PE 108	Aerobics IV	1
PES 202	Cultural Dance I	2

Program Total: 65 credits

Personal Trainer

Certificate

Personal Trainers acquire an academic foundation in the fundamental principles of exercise and nutrition, and a basic understanding of human anatomy and physiology. Practical skill training will focus on the development of expertise in fitness assessment, creative health and fitness programming, biomechanically sound exercise techniques, training methodology, lifestyle change prescription, personalized exercise leadership and business practices.

Applicants for this program must make an appointment with the Program Coordinator, Pam Kraay, Room T-138, (708) 709-3929 before registering for these classes.

I. Program Requirements

35 credits

BIOL 108	Essentials of Anatomy and Physiology	4
BUS 101	Introduction to Modern Business	3
FRESP 101	First Responder	3
HLTH 101	Health and Wellness	2
PES 210	Lifestyle Fitness Coaching	2
PES 215	Group Fitness Instructor Training	3
PES 220	Fitness Assessment / Exercise Program Design I	3
PES 225	Weight Training: Theory and Application	2
PES 230	Nutrition for Sports and Exercise	3
PES 235	Athletic Training Techniques	3
PES 250	Introduction to Kinesiology	3
PES 298	Internship Seminar	1
PES 299	Internship for Personal Trainers	3

Program Total: 35 credits

Group Fitness Instructor

Certificate

Group Fitness Instructor prepares student to provide group fitness instruction. Students acquire basic knowledge of anatomy and physiology and nutrition as it relates to weight management. They are trained in first aide, CPR, and AED, and learn to motivate students using a full range of instructional strategies.

Applicants for this program must make an appointment with the Program Coordinator, Pam Kraay, Room T-138, (708) 709-3929 before registering for these classes.

I. Program Requirements

14 credits

BIOL 108	Essentials of Anatomy and Physiology	4
FRESP 101	First Responder	3
PES 215	Group Fitness Instructor Training	3
PES 230	Nutrition for Sports and Exercise	3

II. Electives

1 credit

PE 105	Aerobics I	1
PE 106	Aerobics II	1
PE 107	Aerobics III	1
PE 108	Aerobics IV	1

Program Total: 14 credits

ABOUT THE CURRICULUM

Students in the PSC Fitness and Exercise program are taught the skills needed to pursue professions in the fitness/exercise industry. Practical skills will focus on the development of expertise in fitness assessment, creative health and fitness programming, bio-mechanically sound exercise techniques, training methodology, lifestyle change, prescription personalized exercise leadership, and business practices. In addition, courses in English, math, communication, exercise physiology, special populations and administration of an exercise facility will prepare the student to be a qualified fitness professional. Students will have the knowledge to take the ACSM Personal trainer national certification exam which is offered at PSC. Students may also choose any of these additional national certifications: ACE, AFFA, NSCA, NASM, and CIAR.

CAREER OPPORTUNITIES

According to the U.S. Bureau of Labor Statistics, employment of fitness trainers and instructors is projected to remain strong, increasing 13 percent from 2012 to 2022, about as fast as the average for all occupations. The median annual wage for fitness trainers and instructors was \$31,720 in May 2012. The lowest 10 percent earned less than \$17,630, and the top 10 percent earned more than \$66,530.



WHY A CAREER IN FITNESS AND EXERCISE

Choosing a career in the field of exercise and fitness can be very rewarding. Several factors have contributed to the need for fitness professionals, personal trainers, and group exercise leaders including increasing interest in healthy living, exercise, and the need for educated professionals. Prairie State College (PSC) offers the training for those interested in a career in this growing field.

Financial Aid Information

PSC's tuition is affordable, and financial aid is available through a variety of sources.

How to Apply

1. Complete the Free Application for Federal Student Aid (FAFSA)

The school code for PSC is 001640. Apply online at fafsa.gov.

2. Notification from Department of Education

If you listed PSC's school code in your FAFSA, the college's Financial Aid Office will receive your report in approximately 14 days.

3. Notification from PSC

Once PSC receives your FAFSA from the Department of Education, a letter is mailed to the student indicating needed documents.

4. Complete the PSC financial aid application.

5. Determination Letter

Once all documents are completed, an award or ineligible letter is issued.

PSC Financial Aid Opportunities:

- PSC Board of Trustees Scholarships cover tuition and fees for two years.
- The PSC Foundation awards more than \$75,000 in scholarships annually.

For more information about how to obtain financial aid, visit prairiestate.edu/finaid, call (708) 709-3735, or email financial-aid@prairiestate.edu.

Gainful Employment Disclosure

The U.S. Department of Education requires colleges with financial aid eligible programs that "prepares students for gainful employment in a recognized occupation" to disclose certain information about these programs. For more information about our graduation rates, the median debt of students who have completed the program, and other important information related to the program, please visit our website at prairiestate.edu/ge. We hope that this information is helpful in making informed choices about your education.

Find out more today by contacting

Pam Kraay

Coordinator of Physical Education and Fitness

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 **Prairie State College**

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