

Group Fitness Instructor Certificate

Certificate of Completion (COC)

Covers content and skills necessary to become effective, credentialed group fitness instructors, and to prepare for the American Council on Exercise (ACE) Group Fitness Instructor Exam. Examines strategies for leading a variety of fitness classes effectively, ensuring participant safety and enjoyment. Explores different class formats, such as: cardio, strength, specialty, and mind-body classes.

For a roadmap that identifies the preferred sequencing of courses and other specific recommendations from faculty, please see the corresponding program map(s):

- [Fitness Specialist Certificate of Completion \(COC\) \(Group Fitness Instructor\) \(lowercolumbia.edu/program-maps/health/COC-Group-Fitness-Instructor-Certificate\)](https://lowercolumbia.edu/program-maps/health/COC-Group-Fitness-Instructor-Certificate)

Certificate Requirements

Total credits required to earn this certificate: 12

LCC students must meet distribution requirements for bachelor degrees, associate degrees, and specific certificates. See [Diversity and Distribution Lists \(lowercolumbia.edu/publications/catalog/distribution-lists/\)](https://lowercolumbia.edu/publications/catalog/distribution-lists/) for more information.

Program Requirements

Course Code	Course Title	Number of Credits
HLTH 105	First Aid, CPR and Bloodborne Pathogens	1
HLTH 135	Food and Fitness	2
PHED 104 OR PHED 105 OR PHED 106	Pilates and Stretch OR Pilates & Yoga - Beginning OR Yoga for Beginners	1
PHED 120	Cross-Training	2
PHED 285	Fitness Marketing	3
PHED 296	Group Exercise Instruction	3

Program Outcomes

Students completing this program should acquire the following skills and abilities:

- Create engaging and effective class plans tailored to diverse participant needs and fitness levels. (GS - Critical Thinking)
- Demonstrate teaching skills necessary to instruct a variety of fitness classes, including the skills of; cueing, demonstration, class set-up, making modifications, and leading.

- Understand the foundational principles of exercise science, anatomy and physiology, and kinesiology and how they apply to the planning and implementing of a fitness class.
- Employ strategies to inspire, motivate, and communicate with class participants, fostering a positive and inclusive group atmosphere. (GS - Communication)
- Recognize best practices for safety and how to mitigate risks associated with group exercise.

Notes

Revised November 2024 (effective Summer 2025)

Program planning is based on information available at the time of preparation. It is the student's responsibility to meet with their LCC advisor. Consult the LCC catalog for LCC graduation requirements.