

Fitness & Exercise A.A.S. degree

*Personal Trainer
Group Fitness Instructor*

*Help
shape
future
generations.*

Where could you work?

- Fitness centers
- Corporate fitness programs
- Private sports clubs
- Interscholastic athletics
- YMCA/YWCA
- Park districts
- Recreation facilities
- Professional sports teams

For more information

Contact Pamela Ethridge, Coordinator of Fitness & Physical Education at (708) 709-3929, or e-mail at pethridge@prairiestate.edu. Visit our page on the PSC Web site at www.prairiestate.edu.

Information	709-3500
Admissions	709-3516
Advising Center	709-3506

Related PSC programs

- Education, pre-Health Administration, (A.A. transfer degrees)
- pre-Occupational Therapy, pre-Physical Therapy (A.S. transfer degrees)



What does PSC offer you?

• LOW TUITION

PSC is affordable. Our costs are less than half the average of public (state) universities in Illinois. They're also about one-tenth the average cost of private colleges and universities in Illinois.

• TRANSFER DEGREES

Start at PSC with an Associate in Arts or Associate in Science in one of a variety of academic disciplines, then transfer to a four-year institution as a junior. You've saved a lot in tuition and made a smooth transition to college life.

• TWO-YEAR CAREER DEGREES AND CERTIFICATES

We also offer the Associate in Applied Science degree and certificates in nearly everything from auto tech to computer science to the health professions. In a shorter time than you imagine, you can boost your earnings and your career potential.

• STUDENT SERVICES AND ACTIVITIES

PSC has what you need: academic advising, student clubs and activities, intercollegiate and intramural athletics, tutoring, community service projects, music ensembles, and more.

• TOP-NOTCH TEACHING

Our faculty members are dedicated to teaching freshmen and sophomores. They focus on helping you learn and achieve your goals in small classes where you can get individual attention and get to know your fellow students.



Prairie State College

A comprehensive community college
202 South Halsted Street
Chicago Heights, IL 60411-8226
(708) 709-3500
prairiestate.edu

 Prairie State College



A growing field

Fitness and exercise have dramatically increased in importance in our society. Several factors have contributed to the need for fitness professionals, personal trainers and group exercise leaders, including the following:

- increasing interest in and importance of fitness
- the need for educated professionals to direct health and fitness programs
- the recognition of sport and fitness as a lucrative business endeavor

Due to these trends, the industry now offers a growing number of employment opportunities in corporate fitness programs, fitness centers, private sports clubs, interscholastic athletic programs, YMCA/YWCA and more.

In response to the needs of this growing field, Prairie State College offers a Fitness & Exercise A.A.S. degree, a Personal Trainer Certificate and a Group Fitness Instructor Certificate. They were developed by our fitness specialists under the supervision of the Health Professions Department. Additional input was provided by the College's Biology Department.

The program: A.A.S. degree

The Fitness & Exercise degree program provides students with the skills needed to pursue professions in the fitness and exercise industry. We teach the fundamentals and principles of exercise and nutrition as well as human anatomy and physiology.

Program Requirements

• Introduction to Modern Business	3
• Essentials of Anatomy & Physiology	4
• Leadership Development	2
• Health and Wellness	2
• First Responder	3
• Theories of Personality	3
• Group Fitness Instructor Training	3
• Fitness Assessment/Program Design	3
• Weight Training: Theory & Application	2
• Nutrition for Sports & Exercise	3
• Athletic Training Techniques	3
• Introduction to Biomechanics	3
• Special Populations	3
• Fitness/Exercise Facility Management	3
• Physiology of Exercise	3
• Internship Seminar	1
• Internship	3

General Education Requirements 16

Electives 2

Total Credit Hours 65

Start near.

Go far.

Certificate programs

Prairie State College also offers two Certificate options for those seeking to gain skills and employment in the industry:

- Personal Trainer 35 credit hours
- Group Fitness Instructor 14 credit hours

Faculty, facilities and classes

Prairie State College professors have many years of professional experience, combined with the dedication to train fitness professionals with enthusiasm.

The Fitness Center, located on the first floor of the main campus, offers cardiovascular exercise equipment including treadmills, stairclimbers, bikes and Magnum strength equipment.

Classes are conveniently scheduled to fit your busy life. An internship will supplement the curriculum, giving valuable information and experience.

Opportunities for men and women

Overall employment of fitness workers is expected to grow faster than the average for all occupations through 2012 according to the U.S. Department of Labor Bureau of Labor Statistics. As an increasing number of people spend more time and money on fitness services, and as more businesses recognize the benefits of fitness programs, the industry will continue to thrive and trained professionals will be in demand.

Students who complete the program will be prepared to register for the IDEA-PFT Recognition System, a nationally and internationally recognized organization that maintains a database of professional personal trainers. They will also be eligible to take a national certification exam (including ACE, AFFA, NSCA, NASM, CIAR, etc.).

WAGE RANGE: \$20-\$75 PER HOUR