

NAME: _____

I.D.# _____

2011-12
GROUP FITNESS INSTRUCTOR
Certificate

APPLICANTS FOR THIS PROGRAM MUST MAKE AN APPOINTMENT WITH THE PROGRAM COORDINATOR, Pam Ethridge, Room T-138, (708) 709-3929 before registering for these classes.

Group Fitness Instructor prepares student to provide group instruction in fitness. 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.

PROGRAM PRE-REQUISITES:

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

PROGRAM REQUIREMENTS (14 credits)

- _____ BIOL 108 4 cr Essentials of Anatomy and Physiology (*Prereq. Placement into Eng 099 or above*)
- _____ FRESP 101 3 cr First Responder
- _____ PES 215 3 cr Group Fitness Instructor Training (*Prereq. Consent of Coordinator*)
- _____ PES 230 3 cr Nutrition for Sports and Exercise (*Prereq. Consent of Coordinator*)
- _____ _____ 1 cr Select 1 credit from the following courses:
 - _____ PE 105 (1) - Aerobics I
 - _____ PE 106 (1) - Aerobics II
 - _____ PE 107 (1) - Aerobics III
 - _____ PE 108 (1) - Aerobics IV

_____ Attained a minimum grade point average of 2.0 in the courses identified in this certificate program.

Current cumulative GPA: _____

_____ Completed a minimum of one-half of the credit hours required as a student at PSC.

_____ Filed a **Graduation Petition Form** with the Office of Enrollment Services.

Deadline for filing: October 1 for Winter, March 1 for Spring, July 1 for Summer. (*December, May & August candidates may choose to participate in the annual May Commencement Ceremony. Deadline to apply for ceremony is March 1st*)

Credits	Credits	Credits	Credits
Required: 14	Completed: _____	In Progress: _____	Needed: _____

Advised By: _____ **Date:** _____
SIGNATURE: Counselor or Advisor or Faculty Advisor

This is an UNOFFICIAL evaluation. Official Evaluations must be requested in the Office of Enrollment Services.

IMPORTANT PSC GRADUATION POLICIES

1. If the degree or certificate requirements are changed during your continuous attendance, you may elect to satisfy either the new requirements or the ones in force when you enrolled.
2. If you withdraw from Prairie State College for either a fall or spring semester, you must satisfy requirements in force at the time you re-enroll.
3. **Requests for COURSE SUBSTITUTIONS** in the program must be directed to the Program Coordinator. A Course Substitution Form must be signed by the Program Coordinator and submitted to the Office of Enrollment Services at least one semester prior to graduation.
4. Petitions for alteration of other graduation requirements must be submitted on a Student Appeal Form at least one semester prior to graduation.

DIVISION OF HEALTH PROFESSIONS

Program Coord:	Pam Ethridge	Room T-138	(708)709-3929	pethridge@prairiestate.edu
Dept Chair:	Kathleen Malic	Room 2229	(708) 709-3530	kmalic@prairiestate.edu
Division Dean:	Marie Hansel	Room 2241	(708) 709-3648	mhansel@prairiestate.edu

CAREER PLANNING/PLACEMENT INFORMATION:

Occupational Outlook Handbook, U.S. Department of Labor: <http://www.bls.gov/oco/home.htm>

Employment opportunities: www.collegecentral.com/prairiestate