

NAME: \_\_\_\_\_

I.D.# \_\_\_\_\_

2009-10

## 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
- \_\_\_\_\_ FRESP 101 3 cr First Responder
- \_\_\_\_\_ PES 215 3 cr Group Fitness Instructor Training (*Prereq. FRESP 101 or current CPR and First Aid Certificate*)
- \_\_\_\_\_ PES 230 3 cr Nutrition for Sports and Exercise
- \_\_\_\_\_ \_\_\_\_\_ 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.

\_\_\_\_\_ Enrolled at PSC during the regular semester **immediately preceding** the awarding of the certificate.

\_\_\_\_\_ Filed a **Graduation Petition Form** with the Office of Admissions and Records.

**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 1<sup>st</sup>*)

<b>Credits</b>	<b>Credits</b>	<b>Credits</b>	<b>Credits</b>
<b>Required: 14</b>	<b>Completed:</b> _____	<b>In Progress:</b> _____	<b>Needed:</b> _____

**Advised By:** \_\_\_\_\_

**Date:** \_\_\_\_\_

*SIGNATURE: Counselor or Advisor or Faculty Advisor*

**This is an UNOFFICIAL evaluation. Official Evaluations must be requested in the Office of Admissions**

#### IMPORTANT PSC GRADUATION POLICIES

- 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.
- 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.
- 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 Admissions and Records at least one semester prior to graduation.
- 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

<b>Program Coord:</b>	Pam Ethridge	Room T-138	(708)709-3929	<a href="mailto:pethridge@prairiestate.edu">pethridge@prairiestate.edu</a>
<b>Dept Chair:</b>	Marie Hansel	Room 2233	(708) 709-3648	<a href="mailto:mhansel@prairiestate.edu">mhansel@prairiestate.edu</a>
<b>Division Dean:</b>	Gwen Dean	Room 2241	(708) 709-3766	<a href="mailto:gdean@prairiestate.edu">gdean@prairiestate.edu</a>

#### 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](http://www.collegecentral.com/prairiestate)

