

GROUP EXERCISE LEADER CERTIFICATE – M102

Contact: Dr. Patti Mantia, 413-552-2449, pmantia@hcc.edu

COURSE TITLE	COURSE NUMBER	PREREQUISITES	CREDITS	SEMESTER TAKEN	GRADE
GENERAL EDUCATION REQUIREMENTS			7		
Standard First Aid and Personal Safety/CPR or Sports First Aid	HFN 103 HFN 104		1		
Learning to be a Group Exercise Leader	HFN 134		3		
Fitness Professional Seminar/Internship	HFN 190	HFN 134 PER 134, PER 172, or PER 183	3		
PROGRAM ELECTIVES (Select two from the following courses)			2-4		
PACE (People with Arthritis Can Exercise)	HFN 108	HFN 134 or HFN 183, or HFN 180 and HFN 181 or Industry Certification in Group Exercise or Personal Training or permission of instructor or department chair	1		
Yoga Instructor	HFN 109		3		
Tools for Resistance Training	HFN 129		1		
Beginning Yoga	HFN 145		1		
Physical Conditioning I	HFN 180		1		
Physical Conditioning II	HFN 181		1		
Physical Conditioning III	HFN 182		1		
Total Credits			9-11		

PROGRAM OVERVIEW

The Group Exercise Leader Certificate program is designed for the individual who is interested in working as a group exercise instructor in a variety of health and fitness settings.