

Reasons to Attend Prairie State College

- Fully accredited
- Credits that transfer
- Small classes
- Great career programs
- Dedicated professors
- Convenient scheduling
- Free tutoring and open computer labs

Admissions

Prairie State College offers “open admission” that encourages diversity and admits all high school graduates or the equivalent.

Here’s how to start your college career at PSC:

- Provide a high school diploma or GED.
- Take the COMPASS Placement Test or submit a copy of ACT scores.
- Meet with an advisor from Counseling and Advising to select courses. For questions, contact an academic advisor at (708) 709-3506.

Financial Aid

Prairie State College’s tuition is affordable, and financial aid is available through a variety of sources. More than 50 percent of our students receive financial aid.

The first and most important step in applying for financial aid is filing a Free Application for Federal Student Aid (FAFSA). A FAFSA is required whether you receive federal or state financial aid, loans, grants, or scholarships.

Forms of financial assistance include:

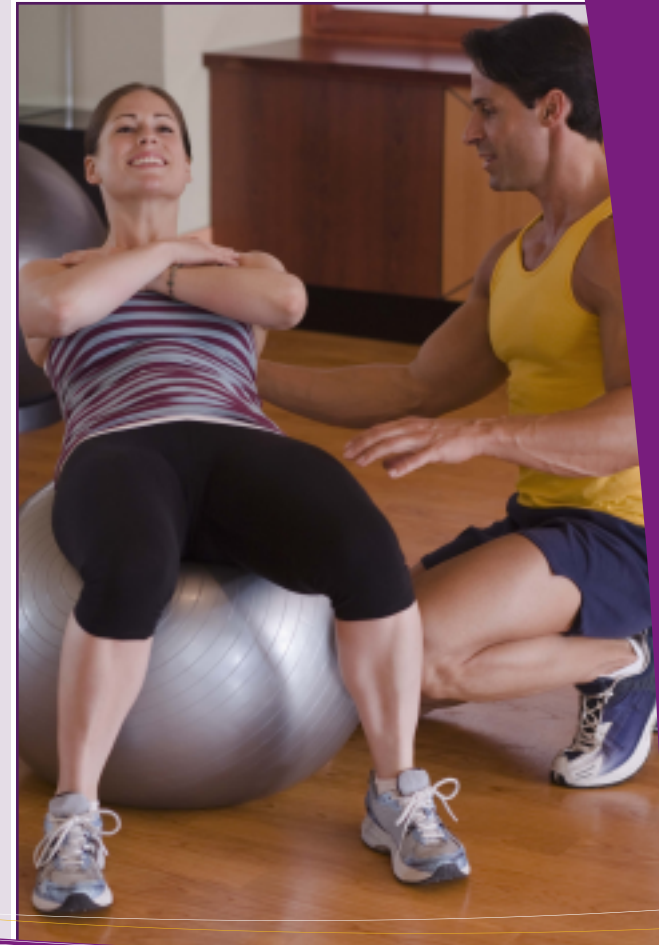
- Pell Grant
- MAP Grant
- Supplemental Education Opportunity Grant
- Subsidized Stafford Student Loans
- PLUS Loans
- Work Study
- Scholarships
- Veterans Benefits

PSC Financial Aid Opportunities:

- PSC Board of Trustees Scholarships covers tuition and fees for two years.
- The PSC Foundation awards more than \$75,000 in scholarships annually to students who are not fully funded through any other source. Find out more at prairiestate.edu, go to choose a link, and click on scholarships.

For more information about how to obtain financial aid, call (708) 709-3562 or e-mail Alice Garcia at agarcia@prairiestate.edu.

Fitness and Exercise



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 **Prairie State College**

202 South Halsted Street | Chicago Heights, IL 60411
(708) 709-3500 | prairiestate.edu

Start *near*. Go *far*.

 **Prairie State College**
prairiestate.edu

Fitness and Exercise

The Program

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 increasing interest in exercise and the need for educated professionals to direct health and fitness programs. Prairie State College offers the training for those interested in a career in this growing field.

Degrees & Certificates

- Fitness and Exercise—A.A.S. Degree
- Personal Trainer—Certificate
- Group Fitness Instructor—Certificate

Career Opportunities

According to the U.S. Bureau of Labor Statistics, opportunities and demand for fitness workers is expected to remain strong in health clubs, private sport clubs, park districts, fitness facilities, and other settings in which fitness workers are concentrated. Median annual salaries for personal trainers range from \$19,610 to \$60,760.



About the Curriculum

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

Classes are conveniently scheduled to fit a student's busy life. An internship supplements the curriculum, giving valuable information and vital experience. Students will also have the knowledge to take a national certification exam (including ACE, AFFA, NSCA, NASM, CIAR, etc.).

To view the curriculum for this program, visit prairiestate.edu/worksheets/index.html.

For More Information

Contact Pam Ethridge, coordinator, physical education, at (708) 709-3929 or pethridge@prairietate.edu.