



2011 - 2012
Career and Technical Programs

Health, Physical Education and
Athletics Division
541.463.5545

lanecc.edu

Exercise and Movement Science

Two-Year Associate of Applied Science Degree,
Exercise and Movement Science

Two-Year Certificate of Completion,
Fitness Specialist Level 2

One-Year Certificate of Completion,
Fitness Technician Level 1

Purpose Prepares students for various careers in the fitness industry, including personal training, group exercise instruction, coaching, athletic training, pre-physical therapy, wellness coaching, and recreation management.

Learning Outcomes The graduate will:

- demonstrate excellent interpersonal skills in the areas of leadership, motivation, management, and communication.
- understand and apply advanced exercise principles related to applied kinesiology, physiology, injury prevention, conditioning, resistance training, and functional training.
- understand and apply nationally recognized standards for fitness and health and be able to communicate the benefits and precautions associated with exercise.
- understand and apply behavior modification strategies to enhance exercise and health behavior change with clients
- administer various fitness assessments including the measurement of cardiovascular endurance, body composition, flexibility, muscular strength and endurance, power, speed, and balance in both a laboratory setting and a gym or health club setting.
- design and demonstrate safe and effective exercise programs for groups or individuals who are apparently healthy or modify exercise programs to enhance participation and meet the needs of those with medically controlled diseases under the care and supervision of a physician.
- utilize appropriate library and information resources to apply current fitness industry research and support lifelong professional education.
- apply and interpret more advanced algebraic formulas to fitness assessment data and exercise programming and critically analyze results and training implications.
- respond to the needs of a diverse clientele and demonstrate inclusive practices
- understand professional scope of practice and role within the health and fitness field and the allied health care system and practice appropriate and ethical professional conduct

Employment Trends Statewide, 107 job openings are expected in the next year, with 19 of those in Lane County. Nationally, 76,800 job openings, a 29% increase, are expected for fitness trainers through 2018.

Wages The statewide average hourly wage for fitness trainers and aerobics instructors is \$19.05 per hour. The statewide average annual income is \$39,612. In Lane County, the average hourly wage is \$19.46 per hour, and the average annual income is \$40,490.

Costs in Addition to Tuition (estimate) Students pay \$15-\$30 per term in laboratory and physical education facility fees. Costs for program related text books and supplies are approximately \$150-\$350 per term. Every effort is made to re-use text books in multiple classes when possible. Costs related to obtaining National Certification post-graduation range from \$200-\$500 per certification.

Program Certification The American College of Sports Medicine (ACSM) endorses Lane Community College's Exercise and Movement Science program as providing training for the knowledge, skills and abilities as specified for ACSM certification. ACSM states: "The American College of Sports Medicine has endorsed the curriculum for Lane Community College's Associate of Applied Science program. This curriculum covers the knowledge, skills, and abilities expected of an ACSM Health/Fitness Specialist®. This curriculum has been reviewed for the educational content and has been endorsed by ACSM."

Admission Contact the Health and PE department for program information sheets and application packets, or see: lanecc.edu/healthpe/fitnesstraining.htm

Program requirements In addition to completing all required coursework and meeting college graduation requirements, students must meet the following criteria for program completion:

- Attendance at a mandatory program orientation before fall term of the student's first year in the program.
- Earned letter grade of C or higher and earned accumulative G.P.A. of 3.0 or higher in all program core courses
- Complete all required Cooperative Education credits (10 credit requirement). Details will be provided on required sites.
- Abide by and uphold all program and college expectations and responsibilities.
- Receive acceptable evaluations from all program instructors.
- Receive acceptable evaluations from all Cooperative Education work experience supervisors and Cooperative Education coordinators.
- Attend an exit interview with program coordinator.

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Cooperative Education (Co-op) Cooperative Education internships provide job-related experiences and are an integral component of the program. Students will begin by completing required on-campus internships in the Fitness Education Center (2 credits required) during their first two terms in the program. Upon successful completion (C letter grade or higher) of all core classes during Fall and Winter term of the first year and Co-op credits in the Fitness Education Center, students are then eligible to start completing required Co-op credits in the following areas: 1 credit of Co-op in a group exercise class (see Program Coordinator for approved list) and 1 credit in the Corrective Fitness class. Students may also begin to apply for a variety of on-campus and off-campus internships in various fitness disciplines to fulfill the 6 remaining elective Co-op credits. More details and direction will be given to students regarding required and optional internship sites. Students are encouraged to choose a variety of sites. Maximum credit limits apply in each area. For more information contact: Sue Thompson, Bldg. 5, Rm. 227 541.463.5735, thompsons@lanecc.edu; or Shannon Gaul, Bldg. 30, Rm. 126, 541.463.5556, gauls@lanecc.edu

Program Coordinator Marisa Hastie, Bldg. 5, Rm. 221, 541.463.5552, hastiem@lanecc.edu

Exercise and Movement Science

Associate of Applied Science Degree

Fitness Specialist Level 2

Two-Year Certificate of Completion

First Year

	Fall
EXMS 194F Professional Activity: Fitness Assessment and Exercise Prescription: Field Tech. ^{*,1}	3
EXMS 194S Professional Activity: Strength Training and Conditioning ^{*,1}	2
EXMS 196 Applied Anatomy and Kinesiology ^{*,1}	3
FN 225 Nutrition	4
Choice of:	1
PE 183A Conditioning	
PE 183F Fitness Education: Introduction	
PE 280F Co-op Ed: Fitness ^{D,G}	1
Choice of:	4
WR 115 Introduction to College Writing *	
WR 121 Introduction to Academic Writing *	
Total Credits	18

Winter

EXMS 194T Professional Activity: Techniques of Group Exercise Leadership ^{*,1}	2
EXMS 295 Injury Prevention and Management ^{*,1}	3
PE 280F Co-op Ed: Fitness ^{D,G}	1
Choice of:	1
PE 183S Strength Training	
PE 183U Strength Training for Women	
Choice of:	4-6
BI 102D General Biology – Survey of Biology	
BI 102I General Biology – Human Biology	
BI 112 and CH 112 Bio-Bonds Learning Community (co-requisites; CH 112 will count as Directed Elective)	
Choice of:	4-5
MTH 070 Introductory Algebra (or MTH 60 & 65 equivalent)	
MTH 095 Intermediate Algebra ^R	
MTH 105 Intro to Contemporary Mathematics	
MTH 111 College Algebra	

Total Credits 15-18

Spring

EXMS 135 Applied Exercise Physiology 1 ^{*,1}	3
Human Relations requirement ^R	3
HE 275 Lifetime Health and Fitness ^D	3
Choice of:	2
PE 280F Co-op Ed: Fitness ^{D,G}	
PE 280RT Co-op Ed: Corrective Fitness ^G	
PE 280 Co-op Ed: Physical Education ^G	
PE 280AR Co-op Ed: Aerobics ^G	
PE 280W Co-op Ed: Wellness ^G	
PE 280M Co-op Ed: Fitness Management ^G	
PE 280AT Co-op Ed: Athletic Training ^G	
Choice of:	4
SP 100 Basic Communication	
SP 105 Listening and Critical Thinking	
SP 111 Fundamentals of Public Speaking	
SP 115 Introduction to Intercultural Communications	
SP 218 Interpersonal Communication	
HE 252 First Aid ^D	3

Total Credits 18

Second Year

	Fall
EXMS 235 Applied Exercise Physiology 2 ^{*,1}	3
Directed Electives 3	3
Choice of:	2
PE 280F Co-op Ed: Fitness ^{D,G}	
PE 280RT Co-op Ed: Corrective Fitness ^G	
PE 280 Co-op Ed: Physical Education ^G	
PE 280AR Co-op Ed: Aerobics ^G	
PE 280W Co-op Ed: Wellness ^G	
PE 280M Co-op Ed: Fitness Management ^G	
PE 280AT Co-op Ed: Athletic Training ^G	
Physical Education Activity elective ²	1
Choice of:	4
WR 121 Introduction to Academic Writing *	
WR 122 Composition: Argument, Style and Research *	
WR 123 Composition: Research *	

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Choice of:.....	3
HE 125 Workplace Health and Safety	
HE 152 Drugs, Society and Behavior	
HE 251 Wilderness First Aide	
HE 209 Human Sexuality	
HE 222 Consumer Health	
HE 240 Holistic Health	
HE 250 Personal Health	
HE 255 Global Health	
Total Credits	16

Winter	
EXMS 194L Professional Activity: Fitness Assessment and Exercise Prescription: Lab Techniques ^{*,1}	3
Physical Education Activity elective ²	2
Choice of:.....	2
PE 280F Co-op Ed: Fitness ^{D,G}	
PE 280RT Co-op Ed: Corrective Fitness ^G	
PE 280 Co-op Ed: Physical Education ^G	
PE 280AR Co-op Ed: Aerobics ^G	
PE 280W Co-op Ed: Wellness ^G	
PE 280M Co-op Ed: Fitness Management ^G	
PE 280AT Co-op Ed: Athletic Training ^G	
Directed Electives ³	6
Total Credits	13

Spring	
EXMS 294 Foundations of Fitness Management ^{*,1}	3
Directed Electives ³	3
General electives.....	3
Physical Education Activity elective ²	1
Choice of:.....	2
PE 280F Co-op Ed: Fitness ^{D,G}	
PE 280RT Co-op Ed: Corrective Fitness ^G	
PE 280 Co-op Ed: Physical Education ^G	
PE 280AR Co-op Ed: Aerobics ^G	
PE 280W Co-op Ed: Wellness ^G	
PE 280M Co-op Ed: Fitness Management ^G	
PE 280AT Co-op Ed: Athletic Training ^G	
Cultural Literacy elective (from AA/OT requirement list in catalog).....	3
Total Credits	15

1 Core curriculum requirement; must be passed with a grade of "C" or better

Fitness Specialist Level 1

One-Year Certificate of Completion

		Fall
EXMS 194F Professional Activity: Fitness Assessment and Exercise Prescription: Field Tech. ^{*,1}	3	
EXMS 194S Professional Activity: Strength Training and Conditioning ^{*,1}	2	
EXMS 196 Applied Anatomy and Kinesiology ^{*,1}	3	
FN 225 Nutrition.....	4	
Choice of:.....	1	
PE 183A Conditioning		
PE 183F Fitness Education: Introduction		
PE 280F Co-op Ed: Fitness ^{D,G}	1	
Choice of:.....	4	
WR 115 Introduction to College Writing [*]		
WR 121 Introduction to Academic Writing [*]		
Total Credits	18	

		Winter
EXMS 194T Professional Activity: Techniques of Group Exercise Leadership ^{*,1}	2	
EXMS 295 Injury Prevention and Management ^{*,1}	3	
PE 280F Co-op Ed: Fitness ^{D,G}	2	
Choice of:.....	1	
PE 183S Strength Training		
PE 183U Strength Training for Women		
Choice of:.....	4-6	
BI 102D General Biology – Survey of Biology		
BI 102I General Biology – Human Biology		
BI 112 and CH 112 Bio-Bonds Learning Community (co-requisites; CH 112 will count as Directed Elective)		
Choice of:.....	4-5	
MTH 070 Introductory Algebra (or MTH 60 & 65 equivalent)		
MTH 095 Intermediate Algebra R		
MTH 105 Intro to Contemporary Mathematics		
MTH 111 College Algebra		
Total Credits	16-18	

Standard footnotes:

* Prerequisite required

B Must be passed with grade of "B" or better to use as a prerequisite

D Degree or certificate requirement; must be passed with grade of "C-" or better

G Must be taken for a grade, not P/NP; major requirement

R Required for AAS degree

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	Spring
EXMS135 Applied Exercise Physiology 1 ^{*,1}	3
Human Relations requirement ^R	3
HE 275 Lifetime Health and Fitness ^D	3
Choice of:.....	2
PE 280F Co-op Ed: Fitness ^{D,G}	
PE 280RT Co-op Ed: Corrective Fitness ^G	
PE 280 Co-op Ed: Physical Education ^G	
PE 280AR Co-op Ed: Aerobics ^G	
PE 280W Co-op Ed: Wellness ^G	
PE 280M Co-op Ed: Fitness Management ^G	
PE 280AT Co-op Ed: Athletic Training ^G	
Choice of:.....	4
SP 100 Basic Communication	
SP 105 Listening and Critical Thinking	
SP 111 Fundamentals of Public Speaking	
SP 115 Introduction to Intercultural Communications	
SP 218 Interpersonal Communication	
HE 252 First Aid ^D	3

Total Credits 18

- Core curriculum requirement; must be passed with a grade of "C" or better
- PE Activity Electives Fitness-related activity courses to be selected from the following list:
 - PE 181B Cardio Core Conditioning
 - PE 181C Combination Aerobics
 - PE 181D Dance Aerobics
 - PE 181K Kickboxing Aerobics
 - PE 181S Step Aerobics
 - PE 181SB Body Sculpt
 - PE 181SS Step and Sculpt
 - PE 181Y Yogilates
 - PE 183A Conditioning
 - PE 183B Exercise and Weight Control
 - PE 183C Exercise Walking
 - PE 183CG Group Cycling
 - PE 183E Fitness Circuits
 - PE 183G Fitness Education: Continuing/Returning
 - PE 183J Jogging
 - PE 183R Stability Ball Fitness
 - PE 183S Strength Training
 - PE 183U Strength Training for Women
 - PE 183W Fitness through Corrective Exercise
 - PE 184K Karate
 - PE 184P Personal Defense
 - PE 185T Tai Chi Chuan
 - PE 185Y or PE 185Z or PE 185YG Yoga

Students may repeat any of the above PE classes once for credit.
- Directed Electives Courses to be selected from the following list:
 - BA 101 Introduction to Business
 - BA 226 Business Law
 - BA 278 Leadership and Team Dynamics
 - BI 101F General Biology - Survey of Biology
 - BI 102D General Biology - Survey of Biology
 - BI 102I General Biology: Human Biology
 - BI 112 Cell Biology for Health Occupations (co-requisite CH 112)
 - BI 231 Human Anatomy and Physiology 1
 - BI 232 Human Anatomy and Physiology 2
 - BI 233 Human Anatomy and Physiology 3
 - CG 140 Career and Life Planning
 - CG 203 Human Relations at Work
 - CG 206 Coping Skills for Stress and Depression
 - CG 216 Understanding Eating Issues

CH 104 Introductory Chemistry 1
 CH 105 Introductory Chemistry 2
 CH 112 Chemistry for Health Occupations (co requisite BI 112)
 CH 221 General Chemistry 1
 CH 222 General Chemistry 2
 CS 120 Concepts of Computing: Information Processing
 EL 115 Effective Learning
 EL 115H Effective Learning: Health Science Majors
 EXMS 214 Physiology of Exercise & Healthy Aging
 EXMS 227 Introduction to Exercise Science
 EXMS 275 Exercise and Sport Biomechanics
 FN 230 Family, Food, and Nutrition
 FN 190 Sports Nutrition
 HE 125 Workplace Health and Safety
 HE 152 Drugs, Society and Behavior
 HE 209 Human Sexuality
 HE 222 Consumer Health
 HE 250 Personal Health
 HE 240 Holistic Health
 HE 250 Personal Health
 HE 251 Wilderness First Aid
 HE 255 Global Health
 HO 100 Medical Terminology
 HO 150 Human Body Systems 1
 HO 152 Human Body Systems 2
 HS 107 Gerontology and Aging
 HS 200 Understanding Addictive Behaviors
 MTH 111 College Algebra
 MTH 112 Trigonometry
 PH 101 Fundamentals of Physics
 PH 102 Fundamentals of Physics
 PH 103 Fundamentals of Physics
 PH 201 General Physics
 PSY 110 Exploring Psychology
 PSY 201 General Psychology
 PSY 202 General Psychology
 PSY 215 Lifespan Developmental Psychology
 PSY 218 Multicultural Psychology
 PSY 239 Introduction to Abnormal Psychology
 SOC 204 Introduction to Sociology
 SOC 207 Women and Work
 SOC 208 Sport and Society
 SP 105 Listening and Critical Thinking
 SP 111 Fundamentals of Public Speaking
 SP 112 Persuasive Speech
 SP 115 Introduction to Intercultural Communication
 SP 130 Business and Professional Speech
 SP 218 Interpersonal Communication
 SPAN 101 Spanish, First Year
 SPAN 102 Spanish, First Year
 SPAN 103 Spanish, First Year
 WR 122 Composition: Argument, Style and Research
 WR 123 Composition: Research
 WR 227 Technical Writing

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Standard footnotes:

* Prerequisite required

B Must be passed with grade of "B" or better to use as a prerequisite

D Degree or certificate requirement; must be passed with grade of "C-" or better

G Must be taken for a grade, not P/NP; major requirement

R Required for AAS degree