



2016 – 2017

Career Technical Programs

**Health, Physical Education and
Athletics Division**
541.463.5545

lanecc.edu

Exercise and Movement Science

Associate of Applied Science Degree
Two-Year Certificate of Completion
One-Year Certificate of Completion

Career Pathways Certificate, Group Exercise Instructor

Program Coordinator Call Jenni Miner, 541.463.5246.

Purpose The 2-year AAS and Fitness Specialist Level 2 Certificate is to prepare students for various careers in the fitness industry, including personal training, group exercise instruction, coaching, athletic training, 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 basic science information from the fields of biology, chemistry, and physics as they relate to the exercise science field.
- understand and apply advanced exercise principles related to applied kinesiology, physiology, injury prevention, conditioning, resistance training, and functional training in order to create responsive, adaptive, and personalized exercise programs for a diverse clientele.
- understand, synthesize, and apply nationally recognized standards for fitness and health and be able to communicate the benefits and precautions associated with exercise.
- understand, analyze and apply behavior modification strategies to enhance exercise and health behavior change with clients.
- analyze and 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.
- evaluate, 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.
- analyze, synthesize, evaluate, and utilize appropriate library and information resources to apply current fitness industry research and support lifelong professional education.
- apply and interpret 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 and evaluate current trends in the fitness industry and be able to provide responsive and timely programming and services to serve the health and fitness needs of individuals in their workplace, community, and the nation.
- demonstrate excellent leadership abilities, interpersonal communication skills, organizational and presentation skills and other necessary professional qualities demanded of health and fitness professionals in the workforce.
- understand and demonstrate 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.
- identify and communicate the unique benefits of group exercise in the health and fitness industry.

Accreditation Exercise and Movement Science: The American College of Sports Medicine has endorsed the curriculum for Lane Community College's AAS program. This program 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 Information Contact the Health and Phys. Ed. department for

Program information sheets and application packets, or see: lanecc.edu/healthpe/exercise-and-movement-science-program

Advising & Counseling Please email EMSPPrograms@lanecc.edu for advising information.

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 year in the program. Upon successful completion (C letter grade or higher) of all core classes during the first year and at least two Co-op credits in the Fitness Education Center, students are then eligible to start completing required Co-op credits in other areas (see Program Coordinator for approved list and requirements). Students may also begin to apply for a variety of on-campus and off-campus internships in various fitness disciplines to fulfill the 8 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: Chuck Fike, Bldg. 19, Rm. 231C, 541.463.5078, fikec@lanecc.edu.

Job Openings Projected through 2020

Lane County openings annually 12

Oregon statewide openings annually 93

Wages

Lane County average hourly \$17.10; Average annual income \$35,560

Oregon average hourly \$19.60; Average annual income \$40,772

Costs (Estimates based on 2014-2015 data for full-time students. Students attending part-time will incur additional term fees. Consult Lane's website for updated tuition and fees).

Books	\$630
Resident Tuition and General Student Fees	\$9,778

Total Estimated Cost \$10,408

Course fees may change during the year. See the online credit class schedule for fees assigned to courses.

Course Requirements

1. All EXMS and PE 280 courses must be passed with a letter grade of C or better (C- or less, P/NP grades not accepted)
2. EXMS 194F is a prerequisite co-requisite for first PE 280 course and a prerequisite for remaining PE 280 courses

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 after formerly being accepted into the program
- Earn a combined cumulative GPA of 3.0 or higher in all program core courses (all EXMS and PE 280 courses)
- Complete all required Cooperative Education credits (10 credits required). 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 supervisors and coordinators
- Successfully complete the comprehensive exit exam with a 70% or higher

Exercise and Movement Science

First Year

Choice of:
 BI 112 Cell Biology for Health Occupations
 BI 100-level Biology (Must have human biology focus)

EXMS 194F Professional Activity: Fitness Assessment and Exercise Prescription-Field Techniques.....

EXMS 194S Professional Activity: Principles of Strength Training and Conditioning Instruction

HE 252 First Aid.....
 Human Relations Requirement (see catalog).....

Choice of:
 PE 183S Strength Training
 PE 183U Strength Training for Women

PE 280F Co-op Fitness

EXMS 194T Techniques of Group Exercise Leadership

EXMS 196 Applied Anatomy and Kinesiology

MTH 052 Math for Introductory Physical Science or higher

Choice of:
 PE 183A Conditioning Beginning
 PE 183F Fitness Education: Introduction

Choice of:
 PE 183A Conditioning Beginning
 PE 183F Fitness Education: Introduction

PE 280F* Co-op Ed: Fitness.....

EXMS 135 Applied Exercise Physiology 1

EXMS 240 Mental Dynamics of Exercise and Sport.....

EXMS 295 Injury Prevention and Management.....

Choice of:

PE Activity Elective
 PE 181B Cardio Core Conditioning
 PE 181C Combination Aerobics
 PE 181D Dance Aerobics
 PE 181K Cardio Kickboxing
 PE 181S Step Aerobics
 PE 181SB Body Sculpt
 PE 181SS Step and Sculpt
 PE 181Y Yogilates
 PE 181Z Zumba Fitness
 PE 183A Conditioning
 PE 183B Exercise and Weight Control
 PE 183C Exercise Walking
 PE 183CG Group Cycling
 PE 183E Fitness Circuits
 PE 183F Fitness Education: Introduction
 PE 183FO Fitness Education: Orientation
 PE 183G Fitness Education: Returning
 PE 183J Jogging
 PE 183R Stability Ball Fitness
 PE 183S Strength Training
 PE 183U Strength Training for Women
 PE 183W Progressive Integrative Exercise
 PE 184K Karate
 PE 184P Personal Defense
 PE 185T Tai Chi Chuan
 PE 185Y or PE 185Z or PE 185YG Yoga

Choice of:
 PE 280F Co-Op Ed: Fitness
 PE 280RT Co-op Ed: Corrective Fitness
 PE 280 Co-op Ed: Physical Education
 PE 280AR Co-op Ed: Aerobics
 PE 280W Co-op Ed: Wellness
 PE 280M Co-op Ed: Fitness Management
 PE 280AT Co-op Ed: Athletic Training

Choice of:

WR 121 Introduction to Academic Writing
 WR 121_H Introduction to Academic Writing

Second Year

EXMS 194L Fitness Assessment and Exercise Prescription- Laboratory Techniques.....

Choice of:

PE Activity Elective
 PE 181B Cardio Core Conditioning
 PE 181C Combination Aerobics
 PE 181D Dance Aerobics
 PE 181K Cardio Kickboxing
 PE 181S Step Aerobics

Fall
4

3

2

3

3

1

Winter

2

4

4

1

1

Spring

3

3

3

1

Fall

3

1

PE 181SB Body Sculpt
 PE 181SS Step and Sculpt
 PE 181Y Yogilates
 PE 181Z Zumba Fitness
 PE 183A Conditioning
 PE 183B Exercise and Weight Control
 PE 183C Exercise Walking
 PE 183CG Group Cycling
 PE 183E Fitness Circuits
 PE 183F Fitness Education: Introduction
 PE 183FO Fitness Education: Orientation
 PE 183G Fitness Education: Returning
 PE 183J Jogging
 PE 183R Stability Ball Fitness
 PE 183S Strength Training
 PE 183U Strength Training for Women
 PE 183W Progressive Integrative Exercise
 PE 184K Karate
 PE 184P Personal Defense
 PE 185T Tai Chi Chuan
 PE 185Y or PE 185Z or PE 185YG Yoga

Directed Elective from 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 100 College Success (3 credit)
 CG 140 Career and Life Planning
 CG 203 Human Relations at Work
 CH 104 Introductory Chemistry 1
 CH 112 Chemistry for Health Occupations (co requisite BI 112)
 CH 221 General Chemistry 1
 CH 222 General Chemistry 2
 COMM 105 Listening and Critical Thinking
 COMM 111 Fundamentals of Public Speaking
 COMM 112 Persuasive Speech
 COMM 115 Introduction to Intercultural Communication
 COMM 130 Business and Professional Speech
 COMM 218 Interpersonal Communication
 CS 120 Concepts of Computing: Information Processing
 EL 115 Effective Learning
 EL 115H Effective Learning: Health Science Majors
 EXMS 214 Physiology of Exercise and Healthy Aging
 EXMS 227 Introduction to Exercise Science
 FN 110 Personal Nutrition
 FN 190 Sports Nutrition
 FN 255 Medical Nutrition Therapy
 FN 130 Family, Food, and Nutrition
 HE 125 Workplace Health and Safety
 HE 152 Drugs, Society and Behavior
 HE 209 Human Sexuality
 HE 222 Consumer Health
 HE 240 Holistic Health
 HE 250 Personal Health
 HE 251 Wilderness First Aid
 HE 275 Lifetime Health and Fitness
 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 203 General Psychology
 PSY 215 Lifespan Developmental Psychology
 PSY 239 Introduction to Abnormal Psychology
 SOC 204 Introduction to Sociology
 SOC 207 Women and Work
 SOC 208 Sport and Society
 SPAN 101 Spanish, First Year

3

Exercise and Movement Science

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	
Choice of:	1
PE 280F Co-op Ed: Fitness	
PE 280RT Co-op Ed: Corrective Fitness	
PE 280 Co-op Ed: Physical Education	
PE 280AR Co-op Ed: Aerobics	
PE 280W Co-op Ed: Wellness	
PE 280M Co-op Ed: Fitness Management	
PE 280AT Co-op Ed: Athletic Training	
FN 225 Nutrition.....	4
Choice of:	4
WR 122 Composition Argument Style and Research	
WR 122_H Composition: Argument, Style and Research	
WR 123 Composition: Research	
WR 227 Technical Writing4	

Winter

EXMS 235 Applied Exercise Physiology 2	3
EXMS 294 Foundations of Fitness Management.....	3
Directed Electives from list:	3
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 100 College Success (3 credit)	
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	
COMM 105 Listening and Critical Thinking	
COMM 111 Fundamentals of Public Speaking	
COMM 112 Persuasive Speech	
COMM 115 Introduction to Intercultural Communication	
COMM 130 Business and Professional Speech	
COMM 218 Interpersonal Communication	
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 110 Personal Nutrition	
FN 190 Sports Nutrition	
FN 255 Medical Nutrition Therapy	
FN 230 Family, Food, and Nutrition	
FN 240 Intro to Nutrition and Metabolism	
HE 125 Workplace Health and Safety	
HE 152 Drugs, Society and Behavior	
HE 209 Human Sexuality	
HE 222 Consumer Health	
HE 240 Holistic Health	
HE 250 Personal Health	
HE 251 Wilderness First Aid	
HE 275 Lifetime Health and Fitness	
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 203 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	
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SPAN 101 Spanish, First Year	
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SPAN 103 Spanish, First Year	
WR 122 Composition: Argument, Style and Research	
WR 123 Composition: Research	
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Choice of: Activity Elective	1
PE 181B Cardio Core Conditioning	
PE 181C Combination Aerobics	
PE 181D Dance Aerobics	
PE 181K Cardio Kickboxing	
PE 181S Step Aerobics	
PE 181SB Body Sculpt	
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PE 183R Stability Ball Fitness	
PE 183S Strength Training	
PE 183U Strength Training for Women	
PE 183W Progressive Integrative Exercise	
PE 184K Karate	
PE 184P Personal Defense	
PE 185T Tai Chi Chuan	
PE 185Y or PE 185Z or PE 185YG Yoga	

HE 255 Global Health and Sustainability	4
Choice of:	3
PE 280F Co-op Ed: Fitness	
PE 280RT Co-op Ed: Corrective Fitness	
PE 280 Co-op Ed: Physical Education	
PE 280AR Co-op Ed: Aerobics	
PE 280W Co-op Ed: Wellness	
PE 280M Co-op Ed: Fitness Management	
PE 280AT Co-op Ed: Athletic Training	

Spring

Choice of:	3
PSY 201 General Psychology	
PSY 215 Lifespan Development	
Choice of:	4
PSY 201 General Psychology	
PSY 215 Lifespan Development	
Choice of:	4
COMM 100 Basic Communications	
COMM 111 Fundamentals of Public Speaking	
COMM 112 Persuasive Speech	
Directed Electives from list:	6
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 100 College Success (3 credit)	
CG 140 Career and Life Planning	
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CH 221 General Chemistry 1	
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Exercise and Movement Science

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 SPAN 103 Spanish, First Year
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 WR 227 Technical Writing

Choice of:

3

PE 280F Co-Op Ed: Fitness
 PE 280RT Co-op Ed: Corrective Fitness
 PE 280 Co-op Ed: Physical Education
 PE 280AR Co-op Ed: Aerobics
 PE 280W Co-op Ed: Wellness
 PE 280M Co-op Ed: Fitness Management
 PE 280AT Co-op Ed: Athletic Training

Fitness Specialist Level 1

Offered by the Health, Physical Education and Athletics Division,
541.463.5545

One-Year Certificate of Completion

Program Coordinator Call Jenni Miner, 541.463.5246.

Purpose The Fitness Specialist Level 1 Certificate is to prepare students for various careers in the fitness industry, including personal training, group exercise instruction, coaching, athletic training, wellness coaching, and recreation management.

Learning Outcomes The graduate will:

- administer various basic fitness assessments including the measurement of cardiovascular endurance, body composition, flexibility, muscular strength and endurance in gym or health club settings

- apply and interpret basic algebraic formulas to fitness assessment data and exercise programming
- demonstrate interpersonal skills in the areas of leadership, motivation, and communication
- design and demonstrate safe and effective exercise programs for apparently healthy individuals and groups within current fitness industry standards and best practices
- respond to the needs of a diverse clientele and demonstrate inclusive practices
- understand and apply basic behavior modification strategies to enhance exercise and health behavior change with clients.
- understand and apply basic exercise principles related to applied kinesiology, physiology, injury prevention, conditioning, resistance training, and functional training
- understand and apply nationally recognized standards for fitness and overall health and describe the benefits and precautions associated with exercise
- understand their scope of practice and role within the health and fitness field and the allied health care system and practice appropriate and ethical professional conduct

Admission Information Contact the Health and Phys. Ed. department for Program information sheets and application packets, or see: lanecc.edu/healthpe/exercise-and-movement-science-program

Advising & Counseling Please email EMSPPrograms@lanecc.edu for advising information.

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 year in the program. Upon successful completion (C letter grade or higher) of all core classes and at least two Co-op credits in the Fitness Education Center, students are then eligible to start completing required Co-op credits in other areas (see Program Coordinator for approved list and requirements). Students may also begin to apply for a variety of on-campus and off-campus internships in various fitness disciplines to fulfill the 4 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: Chuck Fike, Bldg. 19, Rm. 231C, 541.463.5078, fikec@lanecc.edu.

Job Openings Projected through 2020

Lane County openings annually 12

Oregon statewide openings annually 93

Wages

Lane County average hourly \$17.10; Average annual income \$35,560

Oregon average hourly \$19.60; Average annual income \$40,772

Costs Estimates based on 2014-2015 data for full-time students. Students attending part-time will incur additional term fees. Consult Lane's website for updated tuition and fees.

Books	\$390
Resident Tuition and General Student Fees.....	\$5,688

Total Estimated Cost \$6,078

Course fees may change during the year. See the online credit class schedule for fees assigned to courses.

Gainful Employment Disclosure

Standard Occupational Classification: 39-9031.00

Go to the Department of Labor's O*Net website for a profile of this occupation:

Fitness Trainers and Aerobics Instructors onetonline.org/link/summary/39-9031.00

Or check on these O*Net Related Occupations:

Recreation Workers onetonline.org/link/summary/39-9032.00

In academic year 2014-15, 12 students completed this certificate.

To request this information in an alternate format please contact the Center for Accessible Resources at (541) 463-5150 or accessibleresources@lanecc.edu.

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The program is designed to take 4 terms, or about 15 months of study to complete.

Of students who completed this certificate in the 2014-15 academic year, 8% completed on time.

Note: The federally required method for calculating this rate assumes students will declare their completion program major immediately, enroll full-time each term, and remain enrolled at Lane continuously until they complete their program. In reality, many community college students attend part-time, explore several majors, stop out for a term or more, change majors, and brush-up on their academic skills to be better prepared for college level courses, all of which affect this narrowly defined on-time graduation rate.

The median loan debt incurred by students who completed the program in 2014-15 = \$3,180.

Explanation of costs: lanecc.edu/esfs/credit-fees-and-expenses

Course Requirements

1. All EXMS and PE 280 courses must be passed with a letter grade of C or better (C- or less, P/NP grades not accepted)
2. EXMS 194F is a prerequisite or co-requisite for first PE 280 course and a prerequisite for remaining PE 280 courses

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 after formerly being accepted into the program
- Earn a combined cumulative GPA of 3.0 or higher in all program core courses (all EXMS and PE 280 courses)
- Complete all required Cooperative Education credits (4 credits required). 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 supervisors and coordinators

Choice of:	Fall	
BI 112 Cell Biology for Health Occupations		4
BI 100-level (Must have human biology focus)		
EXMS 194F Professional Activity: Fitness Assessment and Exercise Prescription-Field Techniques		3
EXMS 194S Professional Activity: Principles of Strength Training and Conditioning Instruction		2
HE 252 First Aid.....		3
Human Relations Requirement (see catalog)		3
Choice of:		1
PE 183S Strength Training		
PE 183U Strength Training for Women		
PE 280F Cooperative Education: Fitness.....		1
	Winter	
EXMS 194T Techniques of Group Exercise Leadership		2
EXMS 196 Applied Anatomy and Kinesiology		4
HE 255 Global Health and Sustainability		4
MTH 052 Math for Introductory Physical Science or higher		4
Choice of:		1
PE 183A Conditioning Beg.		
PE 183FO Fitness Education: Orientation		
PE 280F Cooperative Education: Fitness.....		1
	Spring	
Choice of:		2
PE 280F Co-Op Education: Fitness		
PE 280RT Co-op Ed: Corrective Fitness		
PE 280 Co-op Ed: Physical Education		
PE 280AR Co-op Ed: Aerobics		
PE 280W Co-op Ed: Wellness		
PE 280M Co-op Ed: Fitness Management		
PE 280AT Co-op Ed: Athletic Training		
EXMS 135 Applied Exercise Physiology 1		3
EXMS 240 Mental Dynamics of Exercise and Sport		3
EXMS 295 Injury Prevention and Management.....		3
Choice of:		4

WR 121 Intro to Academic Writing
WR 121_H Introduction to Academic Writing

Fitness Specialist Level 2

Offered by the Health, Physical Education and Athletics Division, 541.463.5545

Two-Year Certificate of Completion

Program Coordinator Call Jenni Miner, 541.463.5246.

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Learning Outcomes The graduate will:

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- analyze and 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.
- analyze, synthesize, evaluate, and utilize appropriate library and information resources to apply current fitness industry research and support lifelong professional education.
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- demonstrate excellent leadership abilities, interpersonal communication skills, organizational and presentation skills and other necessary professional qualities demanded of health and fitness professionals in the workforce.
- evaluate, 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.
- understand, analyze and apply behavior modification strategies to enhance exercise and health behavior change with clients.
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- understand and apply advanced exercise principles related to applied kinesiology, physiology, injury prevention, conditioning, resistance training, and functional training in order to create responsive, adaptive, and personalized exercise programs for a diverse clientele.
- understand and demonstrate 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.

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Exercise and Movement Science

two Co-op credits in the Fitness Education Center, students are then eligible to start completing required Co-op credits in other areas (see Program Coordinator for approved list and requirements). Students may also begin to apply for a variety of on-campus and off-campus internships in various fitness disciplines to fulfill the 8 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: Chuck Fike, Bldg. 19, Rm. 231C, 541.463.5078, fikec@lanecc.edu.

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Or check on these O*Net Related Occupations:

Recreation Workers onetonline.org/link/summary/39-9032.00

In academic year 2014-15, 9 students completed this certificate.

The program is designed to take 8 terms, or about 24 months of study to complete.

Lane Community College is committed to protecting student privacy and does not publish this rate for fewer than 10 graduates.

For privacy reasons under FERPA, loan information is not disclosed for programs with fewer than 10 graduates in the reported year.

Explanation of costs: lanecc.edu/esfs/credit-fees-and-expenses

Course Requirements

- All EXMS and PE 280 courses must be passed with a letter grade of C- or better (C- or less, P/NP grades not accepted)
- EXMS 194F is a prerequisite or co-requisite for first PE 280 course and a prerequisite for remaining PE 280 courses

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 after formerly being accepted into the program.
- earn a combined cumulative GPA of 3.0 or higher in all program core courses (all EXMS and PE 280 courses).
- complete all required Cooperative Education credits (10 credits required). 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 supervisors and coordinators.
- successfully complete the comprehensive exit exam with a 70% or higher.

First Year

Choice of:

BI 112 Cell Biology for Health Occupations

BI 100-level Biology (Must have human biology focus)

Fall

4

EXMS 194F Professional Activity: Fitness Assessment and Exercise Prescription-Field Techniques	3
EXMS 194S Professional Activity: Principles of Strength Training and Conditioning Instruction	2
HE 252 First Aid	3
Human Relations Requirement (see catalog)	3
Choice of:	1
PE 183S Strength Training	
PE 183U Strength Training for Women	
PE 280F Cooperative Education: Fitness	1

Winter

EXMS 194T Techniques of Group Exercise Leadership	2
EXMS 196 Applied Anatomy and Kinesiology	4
MTH 052 Math for Introductory Physical Science or higher	4
PE 280F Cooperative Education: Fitness	1
Choice of:	1
PE 183A Conditioning Beg.	
PE 183FO Fitness Education: Orientation	

Spring

EXMS 135 Applied Exercise Physiology 1	3
EXMS 240 Mental Dynamics of Exercise and Sport	3
EXMS 295 Injury Prevention and Management	3
Choice of: Activity Electives	1
PE 181B Cardio Core Conditioning	
PE 181C Combination Aerobics	
PE 181D Dance Aerobics	
PE 181K Cardio Kickboxing	
PE 181S Step Aerobics	
PE 181SB Body Sculpt	
PE 181SS Step and Sculpt	
PE 181Y Yogilates	
PE 181Z Zumba Fitness	
PE 183A Conditioning	
PE 183B Exercise and Weight Control	
PE 183C Exercise Walking	
PE 183CG Group Cycling	
PE 183E Fitness Circuits	
PE 183F Fitness Education: Introduction	
PE 183FO Fitness Education: Orientation	
PE 183G Fitness Education: Returning	
PE 183J Jogging	
PE 183R Stability Ball Fitness	
PE 183S Strength Training	
PE 183U Strength Training for Women	
PE 183W Progressive Integrative Exercise	
PE 184K Karate	
PE 184P Personal Defense	
PE 185T Tai Chi Chuan	
PE 185Y or PE 185Z or PE 185YG Yoga	

Choice of:	1
PE 280F Co-Op Ed: Fitness	
PE 280RT Co-op Ed: Corrective Fitness	
PE 280 Co-op Ed: Physical Education	
PE 280AR Co-op Ed: Aerobics	
PE 280W Co-op Ed: Wellness	
PE 280M Co-op Ed: Fitness Management	
PE 280AT Co-op Ed: Athletic Training	
Choice of:	4
WR 121 Intro to Academic Writing	
WR 121_H Introduction to Academic Writing	

Second Year

EXMS 194L Fitness Assessment and Exercise Prescription- Laboratory Techniques	3
Directed Elective from list:	3
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 100 College Success (3 credit)	
CG 140 Career and Life Planning	
CG 203 Human Relations at Work	
CH 104 Introductory Chemistry 1	

Fall

Exercise and Movement Science

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	
COMM 105 Listening and Critical Thinking	
COMM 111 Fundamentals of Public Speaking	
COMM 112 Persuasive Speech	
COMM 115 Introduction to Intercultural Communication	
COMM 130 Business and Professional Speech	
COMM 218 Interpersonal Communication	
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	
FN 110 Personal Nutrition	
FN 190 Sports Nutrition	
FN 255 Medical Nutrition Therapy	
FN 130 Family, Food, and Nutrition	
HE 125 Workplace Health and Safety	
HE 152 Drugs, Society and Behavior	
HE 209 Human Sexuality	
HE 222 Consumer Health	
HE 240 Holistic Health	
HE 250 Personal Health	
HE 251 Wilderness First Aid	
HE 275 Lifetime Health and Fitness	
HO 100 Medical Terminology	
HO 150 Human Body Systems 1	
HO 152 Human Body Systems 2	
HS 107 Gerontology and Aging	
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 203 General Psychology	
PSY 215 Lifespan Developmental Psychology	
PSY 239 Introduction to Abnormal Psychology	
SOC 204 Introduction to Sociology	
SOC 207 Women and Work	
SOC 208 Sport and Society	
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	
FN 225 Nutrition.....	4
Choice of: Activity Elective	1
PE 181B Cardio Core Conditioning	
PE 181C Combination Aerobics	
PE 181D Dance Aerobics	
PE 181K Cardio Kickboxing	
PE 181S Step Aerobics	
PE 181SB Body Sculpt	
PE 181SS Step and Sculpt	
PE 181Y Yogilates	
PE 181Z Zumba Fitness	
PE 183A Conditioning	
PE 183B Exercise and Weight Control	
PE 183C Exercise Walking	
PE 183CG Group Cycling	
PE 183E Fitness Circuits	
PE 183F Fitness Education: Introduction	
PE 183FO Fitness Education: Orientation	
PE 183G Fitness Education: Returning	
PE 183J Jogging	
PE 183R Stability Ball Fitness	
PE 183S Strength Training	
PE 183U Strength Training for Women	
PE 183W Progressive Integrative Exercise	
PE 184K Karate	
PE 184P Personal Defense	
PE 185T Tai Chi Chuan	
PE 185Y or PE 185Z or PE 185YG Yoga	
Choice of:	1
PE 280F Co-Op Education: Fitness	

PE 280RT Co-op Ed: Corrective Fitness	
PE 280 Co-op Ed: Physical Education	
PE 280AR Co-op Ed: Aerobics	
PE 280W Co-op Ed: Wellness	
PE 280M Co-op Ed: Fitness Management	
PE 280AT Co-op Ed: Athletic Training	
Choice of:	4
WR 122 Composition: Style and Argument	
WR 122_H Composition: Style and Argument	
WR 123 Composition: Research	
WR 227 Technical Writing	
Winter	
EXMS235 Applied Exercise Physiology 2.....	3
EXMS294 Foundations of Fitness Management.....	3
Choice of: Activity Elective.....	1
PE 181B Cardio Core Conditioning	
PE 181C Combination Aerobics	
PE 181D Dance Aerobics	
PE 181K Cardio Kickboxing	
PE 181S Step Aerobics	
PE 181SB Body Sculpt	
PE 181SS Step and Sculpt	
PE 181Y Yogilates	
PE 181Z Zumba Fitness	
PE 183A Conditioning	
PE 183B Exercise and Weight Control	
PE 183C Exercise Walking	
PE 183CG Group Cycling	
PE 183E Fitness Circuits	
PE 183F Fitness Education: Introduction	
PE 183FO Fitness Education: Orientation	
PE 183G Fitness Education: Returning	
PE 183J Jogging	
PE 183R Stability Ball Fitness	
PE 183S Strength Training	
PE 183U Strength Training for Women	
PE 183W Progressive Integrative Exercise	
PE 184K Karate	
PE 184P Personal Defense	
PE 185T Tai Chi Chuan	
PE 185Y or PE 185Z or PE 185YG Yoga	
Directed Electives from list:	3
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 100 College Success (3 credit)	
CG 140 Career and Life Planning	
CG 203 Human Relations at Work	
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	
COMM 105 Listening and Critical Thinking	
COMM 111 Fundamentals of Public Speaking	
COMM 112 Persuasive Speech	
COMM 115 Introduction to Intercultural Communication	
COMM 130 Business and Professional Speech	
COMM 218 Interpersonal Communication	
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	
FN 110 Personal Nutrition	
FN 190 Sports Nutrition	
FN 255 Medical Nutrition Therapy	
FN 130 Family, Food, and Nutrition	
HE 125 Workplace Health and Safety	
HE 152 Drugs, Society and Behavior	
HE 209 Human Sexuality	
HE 222 Consumer Health	
HE 240 Holistic Health	
HE 250 Personal Health	

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HE 251 Wilderness First Aid	
HE 275 Lifetime Health and Fitness	
HO 100 Medical Terminology	
HO 150 Human Body Systems 1	
HO 152 Human Body Systems 2	
HS 107 Gerontology and Aging	
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 203 General Psychology	
PSY 215 Lifespan Developmental Psychology	
PSY 239 Introduction to Abnormal Psychology	
SOC 204 Introduction to Sociology	
SOC 207 Women and Work	
SOC 208 Sport and Society	
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	
HE 255 Global Health and Sustainability	4
Choice of:	3
PE 280F Co-Op Education: Fitness	
PE 280RT Co-op Ed: Corrective Fitness	
PE 280 Co-op Ed: Physical Education	
PE 280AR Co-op Ed: Aerobics	
PE 280W Co-op Ed: Wellness	
PE 280M Co-op Ed: Fitness Management	
PE 280AT Co-op Ed: Athletic Training	
Choice of:	4
PSY 201 General Psychology	
PSY 215 Lifespan Development	
Choice of:	4
COMM 100 Basic Communications	
COMM 111 Fundamentals of Public Speaking	
COMM 112 Persuasive Speech	
Directed Electives from list:	6
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 100 College Success (3 credit)	
CG 140 Career and Life Planning	
CG 203 Human Relations at Work	
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	
COMM 105 Listening and Critical Thinking	
COMM 111 Fundamentals of Public Speaking	
COMM 112 Persuasive Speech	
COMM 115 Introduction to Intercultural Communication	
COMM 130 Business and Professional Speech	
COMM 218 Interpersonal Communication	
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 110 Personal Nutrition	
FN 190 Sports Nutrition	
FN 255 Medical Nutrition Therapy	
FN 130 Family, Food, and Nutrition	
HE 125 Workplace Health and Safety	
HE 152 Drugs, Society and Behavior	

HE 209 Human Sexuality	
HE 222 Consumer Health	
HE 240 Holistic Health	
HE 250 Personal Health	
HE 251 Wilderness First Aid	
HE 275 Lifetime Health and Fitness	
HO 100 Medical Terminology	
HO 150 Human Body Systems 1	
HO 152 Human Body Systems 2	
HS 107 Gerontology and Aging	
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 203 General Psychology	
PSY 215 Lifespan Developmental Psychology	
PSY 239 Introduction to Abnormal Psychology	
SOC 204 Introduction to Sociology	
SOC 207 Women and Work	
SOC 208 Sport and Society	
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	
Choice of:	3
PE 280F Co-Op Education: Fitness	
PE 280RT Co-op Ed: Corrective Fitness	
PE 280 Co-op Ed: Physical Education	
PE 280AR Co-op Ed: Aerobics	
PE 280W Co-op Ed: Wellness	
PE 280M Co-op Ed: Fitness Management	
PE 280AT Co-op Ed: Athletic Training	
Choice of:	4
PSY 201 General Psychology	
PSY 215 Lifespan Development	

Group Exercise Instructor Certificate

Offered by the Health, Physical Education and Athletics Division, 541.463.5545

Career Pathway Certificate

Program Coordinator Call Jenni Miner, 541.463.5246.

Purpose Prepare students to become instructors in group fitness activities, such as aerobics, step, cycling, circuit, yoga, muscle conditioning, interval and other group exercise modalities. The curriculum and Co-operative education experiences serve as a entry point into the career of instructing group exercise. National certification and further training in specific styles of group exercise is often required.

Learning Outcomes Upon completion of this certificate, students will:

- demonstrate excellent interpersonal skills in the areas of leadership, exercise motivation, and communication (written, verbal, and non-verbal).
- design, evaluate, and instruct safe and effective group exercise classes utilizing a variety of exercise modalities.
- understand the role of proper nutrition and training techniques as they relate to physical fitness and weight management.
- apply nationally recognized standards for group exercise instruction.
- appropriately modify and adapt group classes to meet the needs of a variety of participants.
- communicate to participants the benefits, risks, and precautions involved with participation in group exercise.
- identify and communicate the unique benefits of group exercise in the health and fitness industry.
- identify and implement risk management strategies and safety precautions to ensure a safe and productive exercise experience for all participants.

Admission Information Contact the Health and Phys. Ed. department for

Exercise and Movement Science

Program information sheets and application packets, or see: lanecc.edu/healthpe/exercise-and-movement-science-program.

Advising & Counseling Please email EMSPrograms@lanecc.edu for advising information.

Cooperative Education (Co-op) Cooperative Education internships provide job-related experiences and are an integral component of this certificate. Successful completion (C letter grade or higher) of core classes and at least two Co-op credits in the field of aerobics is required. More details and direction will be given to students regarding required and optional internship sites. For more information contact: Chuck Fike, Bldg. 19, Rm. 231C, 541.463.5078, fikec@lanecc.edu.

Job Openings Projected through 2020

Lane County openings annually 12

Oregon statewide openings annually 93

Wages

Lane County average hourly \$17.10; Average annual income

\$35,560

Oregon average hourly \$19.60; Average annual income \$40,772

Costs Estimates based on 2014-2015 data for full-time students. Students attending part-time will incur additional term fees. Consult Lane's website for updated tuition and fees.

Books \$250

Resident Tuition and General Student Fees..... \$1,545

Total Estimated Cost \$1,795

Course fees may change during the year. See the online credit class schedule for fees assigned to courses.

Course Requirements

1. All EXMS courses must be passed with a letter grade of C or better (C- or less, P/NP grades not accepted).
2. PE 280AR must be completed with a letter grade, not P/NP, and must be passed with a grade of 'C' or better to satisfy program requirements. HE 252 must be completed with a grade of 'Pass' or 'C -' or better.

	Fall
PE 280AR Cooperative Education: Aerobics.....	1
EXMS 194S Professional Activity: Principles of Strength Training and Conditioning Instruction	2
HE 252 First Aid.....	3
	Winter
EXMS 194T Techniques of Group Exercise Leadership	2
FN 225 Nutrition.....	4
PE 280AR Cooperative Education: Aerobics.....	1