

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 EMSPrograms@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).

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**

- 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 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	Fall	PE 181SB Body Sculpt	
		PE 181SS Step and Sculpt	
Choice of:	4		
BI 112 Cell Biology for Health Occupations		PE 181Y Yogilates	
BI 100-level Biology (Must have human		PE 181Z Zumba Fitness	
biology focus)		PE 183A Conditioning	
EXMS 194F Professional Activity: Fitness Assessment		PE 183B Exercise and Weight Control	
and Exercise Prescription-Field Techniques	3	PE 183C Exercise Walking	
EXMS 194S Professional Activity: Principles of	Ü	PE 183CG Group Cycling	
		PE 183E Fitness Circuits	
Strength Training and Conditioning Instruction	2	PE 183F Fitness Education: Introduction	
HE 252 First Aid	3	PE 183FO Fitness Education: Orientation	
Human Relations Requirement (see catalog)	3	PE 183G Fitness Education: Returning	
Choice of:	1		
PE 183S Strength Training	•	PE 183J Jogging	
0 0		PE 183R Stability Ball Fitness	
PE 183U Strength Training for Women		PE 183S Strength Training	
PE 280F Co-op Fitness	1	PE 183U Strength Training for Women	
	Winter	PE 183W Progressive Integrative Exercise	
EXMS 194TTechniques of Group Exercise Leadership	2	PE 184K Karate	
EXMS 196 Applied Anatomy and Kinesiology	4	PE 184P Personal Defense	
	4	PE 185T Tai Chi Chuan	
MTH 052 Math for Introductory Physical	_	PE 185Y or PE 185Z or PE 185YG Yoga	
Science or higher	4	Directed Elective from list:	3
Choice of:	1	BA 101 Introduction to Business	3
PE 183A Conditioning Beginning			
PE 183F Fitness Education: Introduction		BA 226 Business Law	
Choice of:	1	BA 278 Leadership and Team Dynamics	
PE 183A Conditioning Beginning		BI 101F General Biology Survey of Biology	
PE 183F Fitness Education: Introduction		BI 102D General Biology Survey of Biology	
PE 280F* Co-op Ed: Fitness	1	BI 102I General Biology: Human Biology	
r L 2001 Co-op Lu. Hilless		BI 112 Cell Biology for Health Occupations (co-requisite CH 112)	
	Spring	BI 231 Human Anatomy and Physiology 1	
EXMS 135 Applied Exercise Physiology 1	3	BI 232 Human Anatomy and Physiology 2	
EXMS 240 Mental Dynamics of Exercise and Sport	3	BI 233 Human Anatomy and Physiology 3	
EXMS 295 Injury Prevention and Management	3	CG 100 College Success (3 credit)	
Choice of:	1	CG 140 Career and Life Planning	
	'	CG 203 Human Relations at Work	
PE Activity Elective		CH 104 Introductory Chemistry 1	
PE 181B Cardio Core Conditioning		CH 112 Chemistry for Health Occupations (co requisite BI 112)	
PE 181C Combination Aerobics		CH 221 General Chemistry 1	
PE 181D Dance Aerobics		CH 222 General Chemistry 2	
PE 181K Cardio Kickboxing		COMM 105 Listening and Critical Thinking	
PE 181S Step Aerobics		COMM 111 Fundamentals of Public Speaking	
PE 181SB Body Sculpt		COMM 112 Persuasive Speech	
PE 181SS Step and Sculpt		COMM 115 Introduction to Intercultural Communication	
PE 181Y Yogilates		COMM 130 Business and Professional Speech	
PE 181Z Zumba Fitness			
PE 183A Conditioning		COMM 218 Interpersonal Communication	
PE 183B Exercise and Weight Control		CS 120 Concepts of Computing: Information Processing	
PE 183C Exercise Walking		EL 115 Effective Learning	
PE 183CG Group Cycling		EL 115H Effective Learning: Health Science Majors	
PE 183E Fitness Circuits		EXMS 214 Physiology of Exercise and Healthy Aging	
PE 183F Fitness Education: Introduction		EXMS 227 Introduction to Exercise Science	
PE 183FO Fitness Education: Orientation		FN 110 Personal Nutrition	
PE 183G Fitness Education: Returning		FN 190 Sports Nutrition	
PE 183J Jogging		FN 255 Medical NutritionTherapy	
PE 183R Stability Ball Fitness		FN 130 Family, Food, and Nutrition	
PE 183S Strength Training		HE 125 Workplace Health and Safety	
PE 183U Strength Training for Women		HE 152 Drugs, Society and Behavior	
PE 183W Progressive Integrative Exercise		HE 209 Human Sexuality	
PE 184K Karate		HE 222 Consumer Health	
PE 184P Personal Defense		HE 240 Holistic Health	
PE 185TTai Chi Chuan		HE 250 Personal Health	
PE 1851 fal Chi Chuan PE 185Y or PE 185Z or PE 185YG Yoga		HE 251 Wilderness First Aid	
9	4	HE 275 Lifetime Health and Fitness	
Choice of:	1	HO 100 Medical Terminology	
PE 280F Co-Op Ed: Fitness		HO 150 Human Body Systems 1	
PE 280RT Co-op Ed: Corrective Fitness		HO 152 Human Body Systems 2	
PE 280 Co-op Ed: Physical Education		HS 107 Gerontology and Aging	
PE 280AR Co-op Ed: Aerobics		HS 200 Understanding Addictive Behaviors	
PE 280W Co-op Ed: Wellness		MTH 111 College Algebra	
PE 280M Co-op Ed: Fitness Management		MTH 112 Trigonometry	
PE 280AT Co-op Ed: Athletic Training			
Choice of:	4	PH 101 Fundamentals of Physics	
WR 121 Introduction to Academic Writing		PH 102 Fundamentals of Physics	
WR 121_H Introduction to Academic Writing		PH 103 Fundamentals of Physics	
Second Year	Fall	PH 201 General Physics	
	rali	PSY 110 Exploring Psychology	
EXMS 194L Fitness Assessment and Exercise	_	PSY 201 General Psychology	
Prescription- Laboratory Techniques	3	PSY 202 General Psychology	
Choice of:	1	PSY 203 General Psychology	
PE Activity Elective		PSY 215 Lifespan Developmental Psychology	
PE 181B Cardio Core Conditioning		PSY 239 Introduction to Abnormal Psychology	
PE 181C Combination Aerobics		SOC 204 Introduction to Sociology	
PE 181D Dance Aerobics		SOC 207 Women and Work	
PE 181K Cardio Kickboxing		SOC 208 Sport and Society	
PE 181S Step Aerobics		SPAN 101 Spanish, First Year	
		•	

SPAN 102 Spanish, First Year		PSY 203 General Psychology	
		PSY 215 Lifespan Developmental Psychology	
SPAN 103 Spanish, First Year			
WR 122 Composition: Argument, Style and Research		PSY 218 Multicultural Psychology	
WR 123 Composition: Research		PSY 239 Introduction to Abnormal Psychology	
WR 227 Technical Writing		SOC 204 Introduction to Sociology	
Choice of:	1	SOC 207 Women and Work	
PE 280F Co-op Ed: Fitness		SOC 208 Sport and Society	
PE 280RT Co-op Ed: Corrective Fitness		SPAN 101 Spanish, First Year	
PE 280 Co-op Ed: Physical Education		SPAN 102 Spanish, First Year	
PE 280AR Co-op Ed: Aerobics		SPAN 103 Spanish, First Year	
PE 280W Co-op Ed: Wellness		WR 122 Composition: Argument, Style and Research	
PE 280M Co-op Ed: Fitness Management		WR 123 Composition: Research	
PE 280AT Co-op Ed: Athletic Training		WR 227 Technical Writing	
FN 225 Nutrition	4	Choice of: Activity Elective	1
Choice of:	4	PE 181B Cardio Core Conditioning	
WR 122 Composition Argument Style and Research	•	PE 181C Combination Aerobics	
WR 122_H Composition: Argument, Style and Research		PE 181D Dance Aerobics	
		PE 181K Cardio Kickboxing	
WR 123 Composition: Research		PE 181S Step Aerobics	
WR 227 Technical Writing4			
	Winter	PE 181SB Body Sculpt	
EXMS 235 Applied Exercise Physiology 2	3	PE 181SS Step and Sculpt	
		PE 181Y Yogilates	
EXMS 294 Foundations of Fitness Management	3	PE 181Z Zumba Fitness	
Directed Electives from list:	3	PE 183A Conditioning	
BA 101 Introduction to Business		PE 183B Exercise and Weight Control	
BA 226 Business Law		PE 183C Exercise Walking	
BA 278 Leadership and Team Dynamics		PE 183CG Group Cycling	
BI 101F General Biology Survey of Biology			
BI 102D General Biology Survey of Biology		PE 183E Fitness Circuits	
		PE 183F Fitness Education: Introduction	
BI 102I General Biology: Human Biology		PE 183FO Fitness Education: Orientation	
BI 112 Cell Biology for Health Occupations (co-requisite CH 112	()	PE 183G Fitness Education: Returning	
BI 231 Human Anatomy and Physiology 1		PE 183J Jogging	
BI 232 Human Anatomy and Physiology 2		PE 183R Stability Ball Fitness	
BI 233 Human Anatomy and Physiology 3			
CG 100 College Success (3 credit)		PE 183S Strength Training	
		PE 183U Strength Training for Women	
CG 140 Career and Life Planning		PE 183W Progressive Integrative Exercise	
CG 203 Human Relations at Work		PE 184K Karate	
CG 206 Coping Skills for Stress and Depression		PE 184P Personal Defense	
CG 216 Understanding Eating Issues		PE 185T Tai Chi Chuan	
CH 104 Introductory Chemistry 1		PE 185Y or PE 185Z or PE 185YG Yoga	
CH 105 Introductory Chemistry 2			4
CH 112 Chemistry for Health Occupations (co requisite BI 112)		HE 255 Global Health and Sustainability	4
CH 221 General Chemistry 1		Choice of:	3
		PE 280F Co-op Ed: Fitness	
CH 222 General Chemistry 2		PE 280RT Co-op Ed: Corrective Fitness	
COMM 105 Listening and Critical Thinking		PE 280 Co-op Ed: Physical Education	
COMM 111 Fundamentals of Public Speaking		PE 280AR Co-op Ed: Aerobics	
COMM 112 Persuasive Speech			
COMM 115 Introduction to Intercultural Communication		PE 280W Co-op Ed: Wellness	
COMM 130 Business and Professional Speech		PE 280M Co-op Ed: Fitness Management	
COMM 218 Interpersonal Communication		PE 280AT Co-op Ed: AthleticTraining	
CS 120 Concepts of Computing: Information Processing			Spring
		Choice of:	3
EL 115 Effective Learning			3
EL 115H Effective Learning: Health Science Majors		PSY 201 General Psychology	
EXMS 214 Physiology of Exercise & Healthy Aging		PSY 215 Lifespan Development	
EXMS 227 Introduction to Exercise Science		Choice of:	4
EXMS 275 Exercise and Sport Biomechanics		PSY 201 General Psychology	
FN 110 Personal Nutrition		PSY 215 Lifespan Development	
FN 190 Sports Nutrition		Choice of:	4
FN 255 Medical NutritionTherapy		COMM 100 Basic Communictions	-
FN 230 Family, Food, and Nutrition		COMM 111 Fundamentals of Public Speaking	
FN 240 Intro to Nutrition and Metabolism		COMM 112 Persuasive Speech	
HE 125 Workplace Health and Safety		Directed Electives from list:	6
HE 152 Drugs, Society and Behavior		BA 101 Introduction to Business	
HE 209 Human Sexuality		BA 226 Business Law	
HE 222 Consumer Health		BA 278 Leadership and Team Dynamics	
HE 240 Holistic Health		BI 101F General Biology Survey of Biology	
HE 250 Personal Health			
		BI 102D General Biology Survey of Biology	
HE 251 Wilderness First Aid		BI 102I General Biology: Human Biology	
HE 275 Lifetime Health and Fitness		BI 112 Cell Biology for Health Occupations (co-requisite CH 112	)
HO 100 Medical Terminology		BI 231 Human Anatomy and Physiology 1	
HO 150 Human Body Systems 1		BI 232 Human Anatomy and Physiology 2	
HO 152 Human Body Systems 2		BI 233 Human Anatomy and Physiology 3	
HS 107 Gerontology and Aging		CG 100 College Success (3 credit)	
HS 200 Understanding Addictive Behaviors		CG 140 Career and Life Planning	
MTH 111 College Algebra		· · · · · · · · · · · · · · · · · · ·	
		CG 203 Human Relations at Work	
MTH 112Trigonometry		CG 206 Coping Skills for Stress and Depression	
PH 101 Fundamentals of Physics		CG 216 Understanding Eating Issues	
PH 102 Fundamentals of Physics		CH 104 Introductory Chemistry 1	
PH 103 Fundamentals of Physics		CH 105 Introductory Chemistry 2	
PH 201 General Physics		CH 112 Chemistry for Health Occupations (co requisite BI 112)	
PSY 110 Exploring Psychology		CH 221 General Chemistry 1	
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PSY 202 General Psychology			
1 01 202 General I Sychology		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 112Trigonometry 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 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 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 EMSPrograms@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

website for updated tuition and fees.

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

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:

 $Recreation\,Workers\,\,one ton line. org. link/summary/39-9032.00$ 

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

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**

- 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 (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:  BI 112 Cell Biology for Health Occupations BI 100-level (Must have human biology focus)  EXMS 194F Professional Activity: Fitness Assessment and Exercise Prescription-Field Techniques	<b>Fall</b> 4
EXMS 194S Professional Activity: Principles of Strength Training and Conditioning Instruction HE 252 First Aid	2 3 3 1
PE 280F Cooperative Education: Fitness	1 Winter
EXMS 194TTechniques of Group Exercise Leadership	winter 2
EXMS 196 Applied Anatomy and Kinesiology HE 255 Global Health and Sustainability MTH 052 Math for Introductory Physical	4
Science or higher	4 1
PE 280F Cooperative Education: Fitness	1
Choice of:	Spring 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	2
PE 280AT Co-op Ed: Athletic Training EXMS 135 Applied Exercise Physiology 1 EXMS 240 Mental Dynamics of Exercise and Sport EXMS 295 Injury Prevention and Management Choice of:	3 3 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.

**Purpose** The 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:

- identify and communicate the unique benefits of group exercise in the health and fitness industry.
- 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 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, synthesize, and apply nationally recognized standards for fitness and health and be able to communicate the benefits and precautions associated with exercise.
- 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.
- apply and interpret advanced algebraic formulas to fitness assessment data and exercise programming and critically analyze results and training implications.
- 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.
- respond to the needs of a diverse clientele and demonstrate inclusive practices.
- 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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Total Estimated Cost \$10,408

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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, 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**

- 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 (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	Fall
Choice of:	4
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	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
EXMS 194TTechniques of Group Exercise Leadership	Winter 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 185TTai Chi Chuan	
PE 185Y or PE 185Z or PE 185YG Yoga	1
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:	4
WR 121 Intro to Academic Writing	
WR 121_H Introduction to Academic Writing	Fall
Second Year EXMS 194L Fitness Assessment and Exercise	raii
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

CH 105 Introductory Chemistry 2		PE 280RT Co-op Ed: Corrective Fitness	
CH 112 Chemistry for Health Occupations (co requisite BI 112)		PE 280 Co-op Ed: Physical Education	
CH 221 General Chemistry 1		PE 280AR Co-op Ed: Aerobics	
CH 222 General Chemistry 2		PE 280W Co-op Ed: Wellness	
COMM 105 Listening and Critical Thinking		PE 280M Co-op Ed: Fitness Management	
COMM 111 Fundamentals of Public Speaking COMM 112 Persuasive Speech		PE 280AT Co-op Ed: Athletic Training	4
COMM 115 Introduction to Intercultural Communication		Choice of:	4
COMM 130 Business and Professional Speech		WR 122_H Composition: Style and Argument	
COMM 218 Interpersonal Communication		WR 123 Composition: Research	
CS 120 Concepts of Computing: Information Processing		WR 227 Technical Writing	
EL 115 Effective Learning		<u> </u>	Winter
EL 115H Effective Learning: Health Science Majors		EXMS235 Applied Exercise Physiology 2	3
EXMS 214 Physiology of Exercise & Healthy Aging		EXMS294 Foundations of Fitness Management	3
EXMS 227 Introduction to Exercise Science		Choice of: Activity Elective	1
FN 110 Personal Nutrition		PE 181B Cardio Core Conditioning	'
FN 190 Sports Nutrition		PE 181C Combination Aerobics	
FN 255 Medical Nutrition Therapy		PE 181D Dance Aerobics	
FN 130 Family, Food, and Nutrition		PE 181K Cardio Kickboxing	
HE 125 Workplace Health and Safety		PE 181S Step Aerobics	
HE 152 Drugs, Society and Behavior HE 209 Human Sexuality		PE 181SB Body Sculpt	
HE 222 Consumer Health		PE 181SS Step and Sculpt	
HE 240 Holistic Health		PE 181Y Yogilates	
HE 250 Personal Health		PE 181Z Zumba Fitness	
HE 251 Wilderness First Aid		PE 183A Conditioning	
HE 275 Lifetime Health and Fitness		PE 183B Exercise and Weight Control	
HO 100 Medical Terminology		PE 183C Exercise Walking	
HO 150 Human Body Systems 1		PE 183CG Group Cycling	
HO 152 Human Body Systems 2		PE 183E Fitness Circuits PE 183F Fitness Education: Introduction	
HS 107 Gerontology and Aging		PE 183FO Fitness Education: Orientation	
MTH 111 College Algebra		PE 183G Fitness Education: Returning	
MTH 112Trigonometry		PE 183J Jogging	
PH 101 Fundamentals of Physics		PE 183R Stability Ball Fitness	
PH 102 Fundamentals of Physics		PE 183S Strength Training	
PH 103 Fundamentals of Physics PH 201 General Physics		PE 183U Strength Training for Women	
PSY 110 Exploring Psychology		PE 183W Progressive Integrative Exercise	
PSY 201 General Psychology		PE 184K Karate	
PSY 202 General Psychology		PE 184P Personal Defense	
PSY 203 General Psychology		PE 185T Tai Chi Chuan	
PSY 215 Lifespan Developmental Psychology		PE 185Y or PE 185Z or PE 185YG Yoga	_
PSY 239 Introduction to Abnormal Psychology		Directed Electives from list:	3
SOC 204 Introduction to Sociology		BA 101 Introduction to Business	
SOC 207 Women and Work		BA 226 Business Law	
SOC 208 Sport and Society		BA 278 Leadership and Team Dynamics BI 101F General Biology Survey of Biology	
SPAN 101 Spanish, First Year		BI 102D General Biology Survey of Biology	
SPAN 102 Spanish, First Year		BI 102I General Biology: Human Biology	
SPAN 103 Spanish, First Year WR 122 Composition: Argument, Style and Research		BI 112 Cell Biology for Health Occupations (co-requisite CH 112)	
WR 123 Composition: Research		BI 231 Human Anatomy and Physiology 1	
WR 227 Technical Writing		BI 232 Human Anatomy and Physiology 2	
FN 225 Nutrition	4	BI 233 Human Anatomy and Physiology 3	
Choice of: Activity Elective	1	CG 100 College Success (3 credit)	
PE 181B Cardio Core Conditioning	'	CG 140 Career and Life Planning	
PE 181C Combination Aerobics		CG 203 Human Relations at Work	
PE 181D Dance Aerobics		CH 104 Introductory Chemistry 1	
PE 181K Cardio Kickboxing		CH 105 Introductory Chemistry 2	
PE 181S Step Aerobics		CH 112 Chemistry for Health Occupations (co requisite BI 112)	
PE 181SB Body Sculpt		CH 221 General Chemistry 1 CH 222 General Chemistry 2	
PE 181SS Step and Sculpt		COMM 105 Listening and Critical Thinking	
PE 181Y Yogilates		COMM 111 Fundamentals of Public Speaking	
PE 181Z Zumba Fitness		COMM 112 Persuasive Speech	
PE 183A Conditioning		COMM 115 Introduction to Intercultural Communication	
PE 183B Exercise and Weight Control		COMM 130 Business and Professional Speech	
PE 183C Exercise Walking		COMM 218 Interpersonal Communication	
PE 183CG Group Cycling PE 183E Fitness Circuits		CS 120 Concepts of Computing: Information Processing	
PE 183F Fitness Education: Introduction		EL 115 Effective Learning	
PE 183FO Fitness Education: Orientation		EL 115H Effective Learning: Health Science Majors	
PE 183G Fitness Education: Returning		EXMS 214 Physiology of Exercise & Healthy Aging	
PE 183J Jogging		EXMS 227 Introduction to Exercise Science	
PE 183R Stability Ball Fitness		FN 110 Personal Nutrition	
PE 183S Strength Training		FN 190 Sports Nutrition	
PE 183U Strength Training for Women		FN 255 Medical Nutrition Therapy	
PE 183W Progressive Integrative Exercise		FN 130 Family, Food, and Nutrition	
PE 184K Karate		HE 125 Workplace Health and Safety HE 152 Drugs, Society and Behavior	
PE 184P Personal Defense		HE 152 Drugs, Society and Benavior HE 209 Human Sexuality	
PE 185T Tai Chi Chuan		HE 222 Consumer Health	
PE 185Y or PE 185Z or PE 185YG Yoga		HE 240 Holistic Health	
Choice of:	1	HE 250 Personal Health	
PE 280F Co-Op Education: Fitness			

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 112Trigonometry	
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	
Chaire of	Spring
Choice of:PSY 201 General Psychology	4
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 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)	
Bl 231 Human Anatomy and Physiology 1 Bl 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	
CLL 2022 C   Cl   -t 2	
CH 222 General Chemistry 2	
COMM 105 Listening and Critical Thinking	
COMM 105 Listening and Critical Thinking COMM 111 Fundamentals of Public Speaking COMM 112 Persuasive Speech	
COMM 105 Listening and Critical Thinking COMM 111 Fundamentals of Public Speaking COMM 112 Persuasive Speech COMM 115 Introduction to Intercultural Communication	
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 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	
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	
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	
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	
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: Health Science Majors EXMS 214 Physiology of Exercise & Healthy Aging EXMS 227 Introduction to Exercise Science EXMS 275 Exercise and Sport Biomechanics	
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	
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	

HE 152 Drugs, Society and Behavior

TIE 200 Haman Ockaanty	
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 112Trigonometry	
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:	
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	
Ch-if	
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** 

HE 200 Human Sevuality

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 Cooperative 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

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**

- 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 194TTechniques of Group Exercise Leadership	2
FN 225 Nutrition	4
PE 280AR Cooperative Education: Aerobics	1