

Exercise & Movement Science Program Term-by-Term Planner 2015-2016

1 year certificate

FIRST YEAR									
FALL TERM			WINTER TERM			SPRING TERM			
EXMS194F ²	Asses & Prescription: Field	3	EXMS 240	Mental Dimensions	3	EXMS 135 ³	Exer Physiology I		3
EXMS 194S	Prof Activ: Str & Conditioning	2	EXMS 196 ⁴	Anat & Kinesiology	4	EXMS 295 ⁴	Injury Prevention		3
PE 280	Co-op	1	BIO 101	General Biology	4	PE 280	Co-op		2
HE 252	First Aid	3	PE 280	Co-Op	1	WR121 [*]	Intro to Academic Writing		4
PE 183S or 183 U	Stength Training	1	EXMS 194T	Group Exer Leadership	2	PE XXX	See Catalog		1
HE 255	Global Health	4					Select PE Activity Elective		
Human Relations	See Catalog	3	PE 183A/183F	Conditioning/Fitness Intro	1	MATH ⁺	MTH 052 or higher		4
TOTAL FALL		17	TOTAL WINTER		15	TOTAL SPRING			17

1 Year Certificate = 49 credits

1) EXMS courses - are open first to students who have applied and been accepted. Then the courses are open to students interested in them but who have not yet applied to the program.

2) EXMS 194F - must be taken with first co-op or before any additional PE 280 Co-op credits. May be offered Winter term also

3) EXMS 196 Anatomy and Kinesiology is required prior to EXMS 295 Injury Prevention and Management

4) *Writing sequence-ABSE; RD087+EL115R;WR087;WR097+EL113W; WR 115;WR 121. If ELL meet with Advisor

5)+Math sequence - Core; MTH 010; MTH 020: MTH 052 (MTH 060)

6) Application and Program Inforamtion can be found at <http://www.lanecc.edu/healthpe/exercise-and-movement-science-program>

7) Advising Information can be found at classes.lanecc.edu -select Academic Advising - then select Exercise and Movement Science Resource

8) Email questions to EMSPrograms@lanecc.edu

Notes:

12/02/2014

JSA and SG