

Academic Advising Guide for Lane Community College

Exercise and Movement Science Programs

For the class entering Winter 2015 or later

Note: Application timelines and point criteria are subject to change each year. Please review the application information carefully. Application Requirements and Deadline: **Health and PE website:** <http://www.lanecc.edu/healthpe/exercise-and-movement-science-program> Please Review the **Moodle** Academic Advising Resource to learn the steps to apply to the Program and use the directions to access Moodle on the bottom of page 2 of this document. Please review all underlined links – Catalog Information

APPLICATION REQUIREMENTS OVERVIEW

- ✓ To apply to this program, you must complete and submit the following by the application close date
- ✓ Establish email account – make sure it accepts the @lanecc.edu email address
- ✓ Be admitted to Lane as a college credit student and have an assigned L number
- ✓ Review the [Lane Catalog](#) information to be aware of program requirements. This guide represents recent changes from the 14/15 Catalog.
- ✓ Submit official sealed non-Lane transcripts, if needed, to Enrollment Services
- ✓ Submit forms/documentation to Health and PE office as directed in the [Application Packet](#)
- ✓ Carefully review directions to apply. Students may need to submit transcripts and/or complete placement testing to apply. A Personal Statement, References and an Interview will be required to complete the application process

✓	CR	Foundational Skills courses: AAS, 1-Year;2-Year	Prerequisite(s) for course	Notes
	4	WR 121 Introduction to Academic Writing or higher	Writing sequence-ABSE; RD087+EL115R; WR087; WR097+EL113W; WR 115; WR 121;WR 122 or 123 or 227	
	4	MTH 052 Math for Intro Physical Science or higher	Math sequence-Core, MTH 010;MTH 020:MTH 052 (MTH 060+MTH 065); MTH 095;MTH 111. MTH 111 recommend for Associate of Arts Oregon Transfer	
	4	Health/PE requirement – FN 225 Food and Nutrition	Other Health courses may meet requirement – check with advising	

✓	CR	EXMS* Core Program Requirements: For One-Year Certificate complete courses through First Year	Prerequisite(s) for course	Notes
	3	EXMS 194F Fitness Assess & Exercise Prescription	This course is pre-req for Co-Op	Fall & Winter First Year
	1	PE 280F Co-op Ed Fitness w/6 hour seminar	EXMS 194F is a co-requisite	All Terms
	2	EXMS 194S Prof Activity: Strength & Conditioning		Fall First Year
	1	PE 183 S or PE 183 U Strength Training	Counts as PE Activity Elective	All Terms
	4	EXMS 196 Applied Anatomy & Kinesiology		Winter First Year
	3	EXMS 240 Mental Dimensions of Exer and Sport		Winter First Year
	2	EXMS 194T Prof Activity: Group Exercise Leadership		Winter First Year
	1	PE 280F Co-op FEC – 2 nd term	PE280 Co-op Ed Fitness /seminar	Winter First Year
	1	PE 183A or 183F Conditioning or Fitness Ed: Intro	Counts as PE Activity Elective	All Term
	3	EXMS 135 Exercise Physiology I		Spring First Year
	3	EXMS 295 Injury Prevention & Management	EXMS 196	Spring First Year
	1	PE Activity Elective	See Catalog for options	All Terms
	2	PE 280 Co-op – Third term: See Catalog for options		All Terms
	3	EXMS 120 Research Methods in Exer Science		Fall Second Year
	3	EXMS 194L Prof Act: Fit Assess & Exer Prescription	EXMS 135	Fall Second Year
	2	PE 280 Co-op - Fourth term: See Catalog for options	EXMS 194F	Fall Second Year
	3	EXMS 294 Foundations of Fitness Management		Winter Second Year
	3	EXMS 235 Exercise Physiology II	EXMS 135	Winter Second Year
	2	PE 280 Co-op – Fifth term See Catalog for options	EXMS 194F	All Terms
	2	PE 280 Co-op – Sixth term: See Catalog for options	EXMS 194F	All Terms

*EXMS courses are held for students who have applied and been accepted to the program during the initial stages of registration. Once program students have had the opportunity to register then enrollment will open for students interested in the program but who have not yet applied. See Term planner for One-Year versus Two-Year Certificate requirements. Minimum grade in core classes is "C" or higher. For degree completion must have a cumulative GPA of 3.00 in all program core classes. PE 280 Co-op – require instructor approval.

✓	CR	Discipline Studies - Arts & Letters (Speech course); Human Relations; Science/Math/Computer Science and one Directed Elective option that aligns with Arts & Letters; Human Relations or Science/Math/Computer Science.	
	3	Human Relations	Required for AAS, 1-year and 2-Year Certificate: Some options are 4 credits
	4	Science	BI 101 General Biology – not one with a letter option. Required for AAS, 1-year and 2-Year Certificate
	4	Arts/Letters	SP/COMM 100, 111 or 112 – Required for AAS, 1-year and 2-Year Certificate
	4	Directed Elective	A total of 12 Directed Elective credits are required for Two-Year Certificate and AAS degree completion

✓	CR	Additional Associate of Applied Science and One and Two-Year Certificate Requirements.	
	3	HE 252 First Aid	AAS, One and Two-Year Certificate requirement Offered every term
	3	SOC or PSY	AAS: Two-Year Certificate - PSY 201 recommended if EXMS 4 year program a goal See Catalog for Sociology or Psychology courses. PSY 215 is recommended for AAOT
	4	2 nd Writing	AAS, Two-Year Certificate Requirement WR 122, 123 or 227 Offered every term
	4	HE 255 Global Health	AAS and One and Two-Year Certificate Requirement
	4	Directed Elective	AAS: Two-Year Certificate Requirement Some courses may have prerequisites
	4	Directed Elective	AAS: Two-Year Certificate Requirement Some courses may have prerequisites

✓	Minimum requirements to apply		Alternate options	Notes
	High School or College GPA of 2.5 or higher. Once 12 credits in college completed college GPA is used.		GED score of 50 if taken before 1/1/12 or 500 if taken 1/1/12 or later	High School transcripts if less than 12 college graded credits required
	Lane Placement Test Scores: CPTS Reading Comprehension 76 or higher		Or passing grade in RD 090 College Reading; EL 115; EL115 E, H, R, V or W accepted; ENG116 Col Vocab	Completion of WR 121 or higher will also meet this requirement
	Lane Placement Test Scores: CPTS Sentence Skills (Writing) 76 or higher		WR 115 C- or better or higher course	Waived for BA/BS degree with transcripts
	Lane Placement Test Scores: Arithmetic and Algebra minimum score of 7 in parts A, B and C		Pass MTH 020- Math Renewal (or higher math course)	Scores from parts D, E and F will not meet criteria
	Application: http://www.lanecc.edu/healthpe/exercise-and-movement-science-program			May be required to submit college unofficial and official transcripts as part of the application process
	Letters of Recommendation (Two)			
	Personal Statement Typed			
	Interview with program faculty			

Program Overview: Educational Planning for program progression and completion			
Term 1/Year:	Term 2/Year:	Term 3/Year:	Term 4/Year:
Term 5/Year:	Term 6/Year:	Term 7/Year:	Term 8/Year:
Term 9/Year:	Term 10/Year:	Term 11/Year:	Term 12/Year:

For assistance:

1. Email - EMSPrograms@lanecc.edu – Please include your L# with your questions.
2. [Moodle Academic Advising Resource](#): Directions to Access – Visit: classes.lanecc.edu
 - Select the Academic Advising tab on the top blue bar
 - Select Exercise and Movement Science (Alvarado)
 - Select Login as a guest or enter L# and enroll for free in the EMS Academic Advising Resource