



Health, Physical Education & Athletics Division

APPLICATION INSTRUCTIONS FOR FALL 2009 EXERCISE AND MOVEMENT SCIENCE PROGRAM (PROFESSIONAL FITNESS TRAINING)

AAS Degree Exercise and Movement Science
1 Year Fitness Technician Certificate
2 Year Fitness Specialist Certificate

Applications may be submitted beginning on February 13th, 2009.
Applications will continue to be accepted until the program is full.
Incomplete applications will not be reviewed.

Program Information

The Exercise and Movement Science Program (formerly the Professional Fitness Training Program) prepares students as fitness professionals for various careers in the health and fitness industry. Graduates of this program will be able to:

- ❖ Understand and apply basic exercise science principles related to applied anatomy, kinesiology, physiology, injury prevention, conditioning, and functional training.
- ❖ Administer various fitness assessments including the measurement of cardiovascular endurance, body composition, flexibility, muscular strength and endurance.
- ❖ Design and demonstrate safe and effective exercise programs for individuals, groups, and special populations within current fitness industry standards and best practices.
- ❖ Demonstrate interpersonal skills in the areas of leadership, motivation, and communication.
- ❖ Identify and utilize current fitness industry research and information while in the program and during their career for lifelong professional education.

Students will have opportunities for field experience through Cooperative Education internships with an emphasis on professionalism, a willingness to learn, and teamwork. The curriculum is designed to help students prepare for the national certification, specifically ACSM's Health and Fitness Specialist certification. Students who complete the two-year Exercise and Movement Science AAS degree will be eligible to take ACSM's national certification. After completion of the program, many graduates transfer to four-year colleges or universities to pursue further education or additional career preparation.

ACSM Endorsement: Lane's Program is the only Oregon college or university to have national recognition from the American College of Sports Medicine. Since 1954, ACSM has been acknowledged as the largest and most prestigious fitness-related professional organization in the United States of America. Lane Community College's program has been recognized as one of the outstanding degree programs in the Northwest. Our students have received numerous awards and special recognitions from the American College of Sports Medicine. Students who complete the 2-year Associate of Applied Science degree are eligible to sit for ACSM's national Health Fitness Specialist Certification Exam.

Admissions Information

The Exercise and Movement Science Program accepts one class of 30 students maximum per year beginning Fall term.

Students are selected to the program from a pool of qualified applicants by a point allocation system described in this packet. In order to be considered, each applicant must meet the minimum requirements listed below.

Acceptance into this program is limited to the first 30 qualified applicants who apply within the application period stated on the first page. Students who are not selected as a part of the top 30 will be notified and will be placed on a waiting list. Those students on the waiting list will be admitted only if space becomes available and they meet all of the minimum requirements. All applicants will be notified of acceptance, waiting list or non-accepted status. Admission criteria are subject to change from year-to-year. It is the applicant's responsibility to stay aware of the changes. To

become a Professional Fitness Training Program student you must meet the admission requirements and be accepted to the program. Interested students should demonstrate an appreciation for overall wellness, regular exercise and be a role model of a healthy lifestyle.

Students who were previously accepted into the program and were not able to attend or who have terminated their enrollment status in the program in any way, must re-apply for acceptance back into the program. In addition, these students will need to complete an interview with the program coordinator and faculty members. Readmission will be based upon space availability, the qualifications of the candidate, and the discretion of the program coordinator. Please contact the program coordinator for more details.

Minimum Requirements for Program Admission

To qualify for admission consideration, applicants must apply for college admission, meet minimum GPA or GED scores, meet minimum placement test scores, and turn in an application with supporting documents. Incomplete applications will not be considered. The following information describes in detail the minimum requirements:

- **College Admission** - New students must apply for admission to Lane Community College through Enrollment Services **prior to program application** (541-463-3100 or www.lanec.edu).
- **Grade Point Average (GPA) or GED Score** – One of the following:
 - Minimum high school **GPA of 2.5** – If you are currently enrolled in high school and plan to graduate this spring, submit a copy of your official high school transcript through the last recorded grading period. Acceptance to the program is contingent upon your successful graduation and maintaining the minimum GPA.
 - or -
 - **GED** average standard score of **50** if taken prior to January 1, 2002, **500** if taken after January 1, 2002.
 - or -
 - Minimum college **GPA of 2.5** (12 or more credits) – If you have attempted fewer than 12 graded college credits, your high school GPA or GED score will be used to determine eligibility. If you have attempted 12 or more graded college credits, your college GPA will be used to determine your eligibility.
- **Placement Test Scores** - Complete the admission placement tests within the last year with the following minimum scores in each area. Students may also demonstrate competency in each area with a passing grade in one of the listed courses:
 - CPTS Reading Comprehension Test minimum score of 76, **or** passed RD090-College Reading Skills, EL115-Effective Learning, EL115H-Effective Learning for Health Science Majors, or ENG116-College Vocabulary.
 - CPTS Sentence Skills Test minimum score of 76, **or** passed WR115-College Writing Fundamentals (or higher writing course).
 - Arithmetic and Algebra Placement Test minimum score of 7 in parts A, B, and C, **or** passed MTH 020-Math Renewal (or higher math course). (Please note: Parts E and F of the Math placement tests are not required for program minimums, but scores from these parts may be used to determined points on the student’s application.)
- **Complete a current Program application** form and submit all required supporting documents by program deadline.

Only complete applications with all supporting documents will be considered. It is your responsibility to make sure your packet includes all necessary documents. If you submitted an application to this program previously and did not get accepted, or were placed on the waiting list but no space became available, or if you terminated your enrollment status in the program for any reason, you must re-apply for the current year.

Please Note: If you are accepted, you must attend a mandatory Program Orientation held in September prior to Fall term. Details will be provided at a later date.

Completing the Program Application and Supporting Documents

* Applications may be submitted beginning February 13th, 2009 and will be accepted until the program is full. Qualified applications received after this point will be placed on a waiting list.

Please include the following in your program application:

- Application Form – please type or print in ink.
- A typed essay (2-3 pages) which includes information from the following areas:
 - ◆ *Why do you want to be in the Exercise and Movement Science Program?*
 - ◆ *What are your goals while in the program and what are your career goals?*
 - ◆ *What are three qualities that you think make someone an effective leader? Please describe each one and why you think it is important.*
 - ◆ *Describe an experience you've had in a setting which involved teamwork and explain how you contributed to the group.*
 - ◆ *Describe your participation in any activities that have helped you develop academic, professional, intellectual and leadership abilities.*
- Two letters of recommendation must be submitted. One must be a professional reference letter from a teacher or instructor, previous employer, coach, or counselor who has knowledge of your academic and professional strengths and your potential to succeed in this field. The second letter should be a personal reference letter from an individual that has knowledge of your drive to succeed, your passion for this field, your integrity, and your desire to help others. The recommendation letters should include your reference's name, their title, their employer, a current address and telephone number, and their signature.
- Official Transcripts: High school transcript (official copy), copy of GED score sheet, **or** college transcript (official copy) of all colleges attended, including Lane (unofficial LCC transcripts are okay), if you have 12 or more graded college credits. Submit your official transcript in a sealed envelope with your application packet.
- Lane proficiency test score sheet for CPTS Reading, CPTS Sentence Skills, and Mathematics tests stamped by the Testing Office (See attached Testing Information Sheet.) **or** demonstrated proficiency shown by a passing grade in equivalent courses. ***For more information on proficiency testing, please contact the Testing Department located in Student Services Building 1, Room 116 or phone (541) 463-5324, <http://www.lanecc.edu/testing/>.***
- Completed employer verification sheet (only if you have previous experience in the fitness field; must be 250 hours or more to receive credit). Experience may be paid or volunteer.
 - ❖ Please submit your completed application packet by placing all documents in a large envelope and mailing it to:

**Exercise and Movement Science Program
Health, Physical Education & Athletics Division
Attn: Marisa Hastie
Lane Community College
4000 East 30th Avenue
Eugene, OR 97405 – 0640**

- ❖ You may also deliver your packet to the Health, Physical Education & Athletics Division office located in the Physical Education Building 5, Room 205 on the Lane Community College main campus.

Questions regarding the application process: (541) 463-5552 or hastiem@lanecc.edu



ACHIEVING DREAMS

Health, Physical Education & Athletics Division

EXERCISE AND MOVEMENT SCIENCE PROGRAM APPLICATION 2009 (PROFESSIONAL FITNESS TRAINING)

AAS Degree Exercise and Movement Science
1 Year Fitness Technician Certificate
2 Year Fitness Specialist Certificate

Please type or print clearly. Please attached all required documentation to this form.

Name last first middle

Current Mailing Address street address or P.O. Box city state zip

Permanent Mailing Address street address or P.O. Box city state zip

Current Phone () E-mail Address

Date of Birth / / LCC Student ID # (Optional; for program statistics only, not admission) (or social security # if not yet a LCC student)

High School

High School GPA Date of Graduation or GED Score

Please list all colleges attended (if applicable):

Total college credits earned to date College GPA

- Check the program(s) you are interested in: Fitness Technician Certificate (One-Year) Fitness Specialist Certificate (Two-Year) Associate of Applied Science-Exercise and Movement Science

Educational Goals

Do you plan to transfer to a four-year school? Yes No Undecided

If so, which school(s) are you considering?

Intended Major

Do you plan to earn the Associate of Arts: Oregon Transfer (AAOT) degree? Yes No Undecided

Career Goals

Indicate your career goals (please check any that apply):

- | | | |
|--|--|---|
| <input type="checkbox"/> Personal Trainer | <input type="checkbox"/> Recreation Worker | <input type="checkbox"/> Physical Therapist |
| <input type="checkbox"/> Fitness Instructor | <input type="checkbox"/> Program Coordinator | <input type="checkbox"/> Athletic Trainer |
| <input type="checkbox"/> Fitness Technician | <input type="checkbox"/> Teacher | <input type="checkbox"/> Cardiac Rehabilitation Therapist |
| <input type="checkbox"/> Group Exercise Leader | <input type="checkbox"/> Coach | <input type="checkbox"/> Exercise Physiologist |
| <input type="checkbox"/> Other (please describe) _____ | | |

How did you find out about Lane's Professional Fitness Training Program?

- | | | |
|--|---|---|
| <input type="checkbox"/> LCC College Catalog | <input type="checkbox"/> Counselor | <input type="checkbox"/> Teacher / Instructor |
| <input type="checkbox"/> LCC Website | <input type="checkbox"/> Friend | <input type="checkbox"/> LCC Health & PE Staff Member |
| <input type="checkbox"/> College/Career Fair | <input type="checkbox"/> Program Brochure | <input type="checkbox"/> Other _____ |
-

Application Documents Checklist :

Make sure all of the documents listed below are included in your packet. Incomplete applications will not be reviewed.

- Personal Essay
- 2 Letters of Recommendation (1 Professional and 1 Personal)
- Lane Community College Reading, Math, and Sentence Skills Test Scores
- Official Transcripts
- Fitness Employer Verification (if applicable)

<i>Office Use Only</i>	
Date Received	_____
Date Evaluated	_____
Date Contacted	_____
Date Confirmed	_____



Fitness Employment Verification Form

(Note: This form only needs to be completed if you are currently employed in a fitness related job and have accumulated a minimum of 250 hours of experience. Your position can be either paid or volunteer.)

Note to applicant: Be sure to fill in necessary information in the boxed area below before sending the form to your employer. If the **number** of hours are not indicated, points will not be allocated.

Applicant's Name: _____ Phone Number: _____
Applicant's Address: _____ (street) (city) (state) (zip code)
The following information may be helpful in locating my employment records:
_____ (name while in you were employed) _____ (social security number)

Dear Employer: _____

Date: _____

I am in the process of applying to the Exercise and Movement Science Program at Lane Community College. The application requests an employment verification of work experience (paid or volunteer). Please complete the information below to provide necessary validation and return it to me at the address listed above.

THE FOLLOWING INFORMATION MUST BE FILLED OUT BY EMPLOYER:

Name of employer/agency: _____

Applicant's job title: _____

Applicant's supervisor: _____
(name) (title) (phone)

Description of duties: _____

Length of applicant's employment: _____ Paid Volunteer
(total number of hours employed)

I, _____, verify this information to be accurate to the best of my knowledge.

Signed: _____
(name) (title) (date)

Address: _____
(street) (city) (state) (zip code)

Exercise and Movement Science Program Placement Testing Information 2009

Location of Testing Office:

Room 116 Student Services Building (Bldg. 1)
4000 East 30th Avenue
Eugene, OR 97405
Phone: (541) 463-5324
<http://www.lanecc.edu/testing>

NOTE: Reading and Writing Testing Scores are good for 5 years, the Math Scores are good for 4 terms. You do not need to re-take the Reading and Writing tests if your scores are from within the last five years. Please still provide your scores. To make an appointment for placement testing or for more information, go to <http://www.lanecc.edu/testing>.

PREPARING FOR THE TESTS:

The Accuplacer/CPTS Reading Comprehension Test is an untimed computer-administered reading test that usually takes about 30-45 minutes. It contains a number of reading passages followed by questions. There is no special knowledge required. Usually, the best long-term ways to prepare for a reading test are to take courses to improve your reading and to take regular college courses.

The Accuplacer/CPTS Sentence Skills Test is an untimed, computer-administered, multiple choice test that usually takes about 30 minutes. It contains short passages that measure ability to identify correct English usage. To prepare you may wish to take WR 085B or WR 095.

The Arithmetic and Algebra Placement Test is a test covering a range of arithmetic and algebra topics. You will take Parts A, B, and C on arithmetic and will need about 30-45 minutes. If you also take the optional Parts E and F on Algebra, you will need extra time. You may prepare by taking Math 10 and/or Math 20, or by buying the Math Review Sheets covering arithmetic topics.

ADVICE:

1. Please **do not take** the tests if you are ill or under severe stress. If you plan to test earlier than the last day, it gives you a backup if you want to wait.
2. If you avoid testing during peak periods at the start and end of the term, the testing rooms are quieter and less crowded.
3. Please sign up for a testing appointment through the testing office webpage at www.lanecc.edu/testing.

NAME _____
(last) (first) (middle initial)

L-number _____ DATE _____
(L-number)

Accuplacer/CPTS Reading score _____ P (76+) NP

Accuplacer/CPTS Sentence Skills score _____ P (76+) NP

MATH raw scores: A ____ B ____ C ____ P (7+ each) NP

MATH optional scores: E ____ P (7+) NP
F ____ P (14+) NP

Testing Office Stamp:

Exercise and Movement Science Program Point Allocation Chart

Category	1 Point	2 Points	3 Points
High School G.P.A. -or- College G.P.A. (if 12 or more graded credits have been attempted) -or- GED standard score	G.P.A. = 3.0 - 3.2 GED = 53-55 / 530-550 (GED scores prior to Jan 1, 2002 / after Jan. 1, 2002)	G.P.A. = 3.3 - 3.6 GED = 56-59 / 560-590 (GED scores prior to Jan 1, 2002 / after Jan. 1, 2002)	G.P.A. = 3.7 - 4.00+ GED = 60+ / 600+ (GED scores prior to Jan 1, 2002 / after Jan. 1, 2002)
Accuplacer/CPTS Reading Comprehension Test score	88 or higher	_____	_____
Accuplacer/CPTS Sentence Skills Test score	96 or higher	_____	_____
Algebra Placement Test score (Algebra Test not required for program minimums)	7 or more on Part E	14 or more on Part F	_____
High School coursework	Coursework completed with a C or higher: 1 year of Biology -and- <u>One of the following:</u> 1 year Chemistry 1 year Physics 1 year advanced Biology	Completion of Health Services CAM (Certificate of Advanced Mastery)	Criteria met in both categories previously listed
College level coursework	Completed with a C or higher <u>at least two</u> courses which satisfy program requirements: - WR 115 or WR 121 - SP 100, 105, 111, or 218 - MTH 70 or higher - HE 275	Completed with a C or higher <u>at least two</u> of the following courses which satisfy program requirements: - HE 252 - FN 225 - CH 112 and BI 112 - CH 104 - BI 231 - HE 125, HE 152, HE 209, or HE 250	Criteria met in both categories previously listed
Fitness-related work experience as verified on employer information sheet (paid or volunteer)	250-750 hours	751-1000 hours	Greater than 1000 hours
Additional point categories: Completeness and neatness of application, personal essay, letters of recommendation, etc. (20 points possible)			

Career Pathway: Exercise and Movement Science Health and Fitness Specialist

Get your career off to a healthy start!

Do You Enjoy ...

- Sharing your passion for health and fitness with others.
- Selecting and using training/instructional methods and procedures appropriate for teaching new things.
- Managing one's own time and the time of others.
- Actively looking for ways to help people.
- Directly dealing with the public.
- Working with a wide variety of individuals.
- Being active and on the move!



Type of Work . . .

Today's fitness professionals are involved in numerous exciting and innovative careers that focus on "exercise as medicine". Professionals in this field include **personal trainers, group exercise instructors, corporate fitness directors, researchers, fitness technicians, fitness specialists, coaches, teachers, rehabilitation specialists, athletic trainers, and recreation managers**. They work with clients in a variety of settings including, but not limited to: gyms, recreation center, rehabilitation settings, aquatics settings, outdoor facilities, client's homes, resorts/spas, schools, and athletic training facilities. Fitness professionals work with client's of all ages, genders, abilities, and at various life stages.

Fitness professionals help clients assess their level of physical fitness and set and reach fitness and health goals. They demonstrate various exercises, help clients improve their techniques, and help provide motivation for clients. Group exercise instructors conduct group exercise sessions that involve aerobic exercise, stretching, and muscle conditioning. Pilates and yoga are two increasingly popular conditioning methods taught in exercise classes. Group exercise instructors are responsible for ensuring that their classes are motivating, safe, and challenging, yet not too difficult for the participants.

Pathway to Success . . .

The majority of employers require fitness professionals to have a nationally recognized certification (NSCA, ACSM, ACE) and experience in or further certifications in specialty areas (Yoga, Pilates, Exercise and Pregnancy, etc.). **An increasing number of employers require fitness professionals to have an Associates or a Bachelor's degree in a field related to health or fitness, such as exercise science or physical education.** Most employers require both a degree and a national certification. Physical Therapists, Physical Therapy Assistants, Athletic Trainers, Dieticians and some other careers require further education (Master's degree or PhD) and licensing.

Lane Community College offers a one year Fitness Technician certificate, a two year Fitness Specialist certificate, and a two year Associate of Applied Science Degree (AAS). LCC's program is the only Oregon college or university to receive the American College of Sports Medicine's prestigious endorsement! Options to transfer to 4-year university Exercise Science Programs are available.

What Employers Look for . . .

Employers need individuals who . . .

- Have a passion for health and fitness and a strong desire to help others.
- Have the ability to plan and lead a class or an individual client in a manner that is motivating and safe.
- Are outgoing, good at motivating people, and sensitive to the needs of others.
- Have strong sales skills.
- Can explain safety rules and regulations governing sports, recreational activities, and the use of exercise equipment.
- Offer modifications for exercises during classes or training sessions to accommodate different levels of fitness.
- Plan routines, choose appropriate music, and choose different movements for each set of muscles, depending on participants' capabilities and limitations.
- Observe participants and inform them of corrective measures necessary for skill improvement.



Job Outlook . . .

Employment of fitness workers is expected to increase much faster than the average for all occupations through 2014, with **expected growth of nearly 27% annually**.

When comparing the number of individuals seeking jobs in this field with the number of job openings, the U.S. Department of Labor reports that there is a good balance between these two variables resulting in favorable employment opportunities.

Earning Potential. . .

Fitness Trainers/Aerobics Instructors Wages (U.S. Department of Labor – Bureau of Labor Statistics)

National: Mean hourly wage = \$15.86/hour Mean annual wage = \$32,990

Oregon: Mean hourly wage = \$17.17/hour Mean annual wage = \$35,720



Lane Community College Professional Fitness Training Program
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