

# EXERCISE SCIENCE

pcc.edu/programs/exercise-science/

## CAREER AND PROGRAM DESCRIPTION

As an exercise science professional you will be part of the preventive wellness team working in fitness clubs, wellness centers, public and private recreation facilities, personal training or sports studios, hospitals, senior living communities, or employee wellness programs. You may perform tasks such as developing and implementing safe and effective fitness programs, conducting fitness assessments, and instructing clients in appropriate sport, fitness, and wellness activities. Administrative duties for the exercise science professional may include business operations, marketing and health promotion, member retention, and sales. Portland Community College Exercise Science graduates have a background in basic anatomy and physiology, applied kinesiology, exercise physiology, nutrition for fitness, fitness assessment, and exercise prescription, as well as client motivation, behavior modification, and fitness promotion. The program is designed to correlate classroom and laboratory experience with practical experience in the community. Students who successfully complete the program are prepared to take national personal trainer certifying examinations given by the American College of Sports Medicine (ACSM), the National Strength and Conditioning Association (NSCA) or the American Council on Exercise (ACE).

Portland Community College Exercise Science graduates working in this field are known by a variety of titles, including but not limited to; personal trainer, exercise specialist, group exercise leader, fitness instructor, activity director, strength and conditioning trainer, and member services specialist. The Exercise Science program currently has an articulation agreement in place with Portland State University (PSU) for students who successfully complete the Exercise Science AAS degree. This agreement opens up the opportunity to transfer to PSU with Junior-status and complete a Bachelor's degree in Applied Health & Fitness within PSU's School of Public Health.

## DEGREES AND CERTIFICATES OFFERED

### ASSOCIATE OF APPLIED SCIENCE DEGREE

Exercise Science

### LESS THAN ONE-YEAR: CAREER PATHWAY CERTIFICATE

Group Fitness Leader  
Healthy Older Adult Fitness  
Personal Trainer  
Yoga Teacher

### Academic Prerequisites

- IRW 115 or (WR 115 and RD 115) and MTH 20 or equivalent placement test scores.
- All Exercise Science programs are limited entry.

### Academic Requirements

- All courses for the Exercise Science AAS and Career Pathway Certificates must be completed with a grade of "C" or "P" or better.
- A maximum of 9 of Pass/No Pass credits are allowed in the Exercise Science Career Pathway Certificates.
- First year winter term courses for the AAS degree and the Personal Trainer Career Pathway Certificate require MTH 58 or MTH 60 or higher and WR 121Z with a "C" or "P" or better as prerequisites. Please note that the PCC EXS AAS degree will require a C or P or better in MTH 58 or MTH 65 or higher.

### Non-Academic Prerequisites

- Attend an Exercise Science information session. Check the Exercise Science website for dates and times of the sessions.
- Application and acceptance to PCC as a credit-seeking student.
- Complete the online Exercise Science program application. Check the Exercise Science website for application deadlines and access to the application. All prerequisites must be completed prior to submitting the Exercise Science program application.

### Non-Academic Requirements

- Transcripts with previous coursework must be evaluated by student records.
- Meet with an Exercise Science Admissions Advisor prior to first term enrollment.
- Meet with the Exercise Science Advisor once per term.
- Applicants with disabilities are encouraged to contact Accessible Education & Disability Resources 971-722-4341.

## EXERCISE SCIENCE AAS DEGREE

Minimum 90 credits. Students must also meet Associate Degree Comprehensive Requirements and Associate of Applied Science Requirements. Students must complete a total of four courses of General Education. In addition to required courses in the program of study, students must satisfy MTH 58/65 competency. Students should consult with program advisors for course planning.

### Exercise Science Degree Courses

Code	Title	Credits
FT 100	Emergency Response for Fitness Professionals	1
FT 101	Exploring Exercise Science Careers	3
FT 103	Nutrition for Exercise	3
FT 104	Fitness Assessment	3
FT 105	Exercise Prescription	3
FT 106	Analysis of Movement	3
FT 107	Exercise Physiology	3
FT 110	Injury Prevention & Management	2
FT 131	Structure & Function of the Human Body	4
FT 180	Exercise Science Internship Preparation	1
FT 201	Advanced Fitness Assessment and Prescription	3
FT 202	Fitness and Aging	3
FT 203	Wellness Marketing and Promotion	3
FT 204	Advanced Exercise Physiology	3
FT 280	Exercise Science Internship I	4
or FT 280C	Exercise Science Professional Project II	
FT 280B	Exercise Science Internship II	4
or FT 280C	Exercise Science Professional Project II	
FT 280L	Exercise Science Leadership Experience	1
or FT 280P	Exercise Science Professional Project I	
FT 280T	Physical Activity Teaching Experience	1
or FT 280P	Exercise Science Professional Project I	
HE 295 & PE 295	Health and Fitness for Life and Health and Fitness for Life Lab	3
HUS 102	Mental Health First Aid: Adult	1
or HUS 106	Mental Health First Aid: Youth	
or HUS 107	Mental Health First Aid: Older Adult	
PE 181A	Weight Training I	1
or PE 181B	Weight Training II	
or PE 181C	Weight Training III	

PE 281	Professional Activities: Resistance Training	2
Choose 3 of the following Professional Activities courses		6
PE 250	Professional Activities: Outdoor Leadership	
PE 282A	Professional Activities: Group Fitness	
PE 282B	Professional Activities: Older Adult Fitness	
PE 283	Professional Activities: Mind-Body Disciplines	
PE 287	Professional Activities: Aquatics	
PE 288	Professional Activities: Team Sports Training	
Exercise Science Electives		17
General Education: 4 courses		
<b>Total Credits</b>		<b>90</b>

**EXERCISE SCIENCE DEGREE ELECTIVES**

Any approved PCC or transfer course.

**LESS THAN ONE-YEAR: CAREER PATHWAY CERTIFICATE**

- Group Fitness Leader (p. 2)
- Healthy Older Adult Fitness (p. 3)
- Personal Trainer (p. 3)
- Yoga Teacher (p. 3)

**GROUP FITNESS LEADER CAREER PATHWAY CERTIFICATE**

Minimum of 31 credits. Students must meet all certificate requirements. The Group Fitness Leader Certificate is a Career Pathway. All courses are contained in the Exercise Science AAS Degree.

**Group Fitness Leader Certificate Courses**

Code	Title	Credits
FT 100	Emergency Response for Fitness Professionals	1
FT 101	Exploring Exercise Science Careers	3
FT 110	Injury Prevention & Management	2
FT 131	Structure & Function of the Human Body	4
FT 180	Exercise Science Internship Preparation	1
FT 280	Exercise Science Internship I	4
or FT 280C	Exercise Science Professional Project II	
FT 280T	Physical Activity Teaching Experience	1
or FT 280P	Exercise Science Professional Project I	
HE 295 & PE 295	Health and Fitness for Life and Health and Fitness for Life Lab	3
HUS 102	Mental Health First Aid: Adult	1
or HUS 106	Mental Health First Aid: Youth	
or HUS 107	Mental Health First Aid: Older Adult	
PE 181A	Weight Training I	1
or PE 181B	Weight Training II	
or PE 181C	Weight Training III	
PE 281	Professional Activities: Resistance Training	2
PE 282A	Professional Activities: Group Fitness	2
PE 287	Professional Activities: Aquatics	2
Choose 1 of the following Professional Activities courses		
PE 283	Professional Activities: Mind-Body Disciplines	2

or PE 288	Professional Activities: Team Sports Training	
Group Fitness Leader Electives		2
<b>Total Credits</b>		<b>31</b>

**GROUP FITNESS LEADER ELECTIVES**

Code	Title	Credits
FT 280P	Exercise Science Professional Project I	1
PE 120A	Ballet I	1
PE 120B	Ballet I	1
PE 120C	Ballet II	1
PE 120D	Ballet II	1
PE 120E	Ballet III	1
PE 120F	Ballet III	1
PE 121A	Modern Dance I	1
PE 121B	Modern Dance I	1
PE 121C	Modern Dance II	1
PE 121D	Modern Dance II	1
PE 121E	Modern Dance III	1
PE 121F	Modern Dance III	1
PE 124	World Dance	1
PE 142A	Zumba Fitness I	1
PE 142B	Zumba Fitness II	1
PE 143A	Aquatic Exercise I	1
PE 143B	Aquatic Exercise II	1
PE 143C	Aquatic Exercise III	1
PE 162G	Cardio Conditioning	1
PE 162O	Core Fitness	1
PE 181D	Interval Training I	1
PE 181E	Interval Training II	1
PE 181M	Boot Camp II	1
PE 182A	Group Fitness I	1
PE 182B	Group Fitness - Intermediate	1
PE 182F	Boot Camp I	1
PE 182G	Tai Chi II	1
PE 182I	Power Yoga	1
PE 182J	Gentle Yoga	1
PE 182K	Yoga I	1
PE 182L	Yoga II	1
PE 182P	Pilates I	1
PE 182R	Back Health	1
PE 182S	Tai Chi I	1
PE 182U	Pilates II	1
PE 182Y	Cycling - Indoors	1
PE 185U	U-JAM Dance Fitness I	1
PE 185V	U-JAM Dance Fitness II	1
PE 186D	Ballroom Dance I	1
PE 186F	Jazz Dance I	1
PE 186G	Jazz Dance II	1
PE 186H	Jazz Dance III	1
PE 186K	Tap Dance I	1
PE 186M	Tap Dance II	1
PE 186R	Hip Hop	1
PE 186S	Hip Hop II	1
PE 186Z	Conditioning for Dance	1
PE 187Z	Barre Fitness	1

**HEALTHY OLDER ADULT FITNESS CAREER PATHWAY CERTIFICATE**

Minimum of 30 credits. Students must meet all certificate requirements. The Healthy Older Adult Fitness Certificate is a Career Pathway. All courses are contained in the Exercise Science AAS Degree.

**Healthy Older Adult Fitness Certificate Courses**

Code	Title	Credits
FT 100	Emergency Response for Fitness Professionals	1
FT 110	Injury Prevention & Management	2
FT 131	Structure & Function of the Human Body	4
FT 180	Exercise Science Internship Preparation	1
FT 202	Fitness and Aging	3
FT 280	Exercise Science Internship I	4
or FT 280C	Exercise Science Professional Project II	
HE 295 & PE 295	Health and Fitness for Life and Health and Fitness for Life Lab	3
PE 287	Professional Activities: Aquatics	2
HUS 102	Mental Health First Aid: Adult	1
or HUS 106	Mental Health First Aid: Youth	
or HUS 107	Mental Health First Aid: Older Adult	
PE 181A	Weight Training I	1
or PE 181B	Weight Training II	
or PE 181C	Weight Training III	
PE 281	Professional Activities: Resistance Training	2
PE 282B	Professional Activities: Older Adult Fitness	2
SOC 223	Sociology of the Life Course	4
or SOC 231	Sociology of Healthy Aging	
<b>Total Credits</b>		<b>30</b>

**PERSONAL TRAINER CAREER PATHWAY CERTIFICATE**

Minimum 41 credits. Students must meet all certificate requirements. The Personal Trainer Certificate is a Career Pathway. All courses are contained in the Exercise Science AAS Degree.

**Personal Trainer Certificate Courses**

Code	Title	Credits
FT 100	Emergency Response for Fitness Professionals	1
FT 101	Exploring Exercise Science Careers	3
FT 103	Nutrition for Exercise	3
FT 104	Fitness Assessment	3
FT 105	Exercise Prescription	3
FT 106	Analysis of Movement	3
FT 107	Exercise Physiology	3
FT 110	Injury Prevention & Management	2
FT 131	Structure & Function of the Human Body	4
FT 180	Exercise Science Internship Preparation	1
FT 280	Exercise Science Internship I	4
or FT 280C	Exercise Science Professional Project II	
HE 295 & PE 295	Health and Fitness for Life and Health and Fitness for Life Lab	3
HUS 102	Mental Health First Aid: Adult	1
or HUS 106	Mental Health First Aid: Youth	
or HUS 107	Mental Health First Aid: Older Adult	

PE 181A	Weight Training I	1
or PE 181B	Weight Training II	
or PE 181C	Weight Training III	
PE 281	Professional Activities: Resistance Training	2
Choose 2 of the following Professional Activities courses		4
PE 250	Professional Activities: Outdoor Leadership	
PE 282A	Professional Activities: Group Fitness	
PE 282B	Professional Activities: Older Adult Fitness	
PE 283	Professional Activities: Mind-Body Disciplines	
PE 287	Professional Activities: Aquatics	
PE 288	Professional Activities: Team Sports Training	
<b>Total Credits</b>		<b>41</b>

**YOGA TEACHER LESS THAN ONE-YEAR CAREER PATHWAY CERTIFICATE**

Minimum 12 credits. Students must meet all certificate requirements. The Yoga Teacher Certificate is a Career Pathway. All courses are contained in the Exercise Science AAS Degree.

**Yoga Teacher Certificate Courses**

Code	Title	Credits
FT 100	Emergency Response for Fitness Professionals	1
FT 120	Foundations of Yoga Instruction	3
FT 121	Advanced Yoga Instruction	3
FT 280Y	Yoga Teacher Practicum	1
or FT 280P	Exercise Science Professional Project I	
HUS 102	Mental Health First Aid: Adult	1
or HUS 106	Mental Health First Aid: Youth	
or HUS 107	Mental Health First Aid: Older Adult	
PE 283	Professional Activities: Mind-Body Disciplines	2
PE 182K	Yoga I	1
or PE 182L	Yoga II	
or PE 182J	Gentle Yoga	
or PE 182I	Power Yoga	
<b>Total Credits</b>		<b>12</b>