

# EXERCISE SCIENCE

Program Office: 403.394.7338 • exercisescience@lethbridgecollege.ca

Turn your passion for a healthy, active lifestyle into a career you love in the Exercise Science program. Designed to help you earn fitness certifications before you graduate, the Exercise Science program will get you on your way to a fast-paced career helping people of all ages and abilities maintain their physical well-being.

The rigorous two-year Exercise Science diploma program helps you muscle in on the science of physical activity. Using contemporary equipment (and lots of it), you'll break a sweat during indoor and outdoor classroom assignments that meld the theoretical and physical aspects of exercise. And you'll have plenty of practical opportunities to work with actual clients as you work towards certification.

## Your Investment

Program fees will vary. To view fee information for your program, go to [lethbridgecollege.ca/programs](https://lethbridgecollege.ca/programs) (<https://lethbridgecollege.ca/programs/>) and select your program.

Students will purchase a Lethbridge College Exercise Science shirt (\$30). The shirts are worn during practicum experiences.

Some specific courses and pursuing certification may require additional fees. Please contact the program for details.

## Graduation

Upon successful completion of all program requirements, students are awarded an Exercise Science diploma.

Students who successfully complete the program are eligible to test for certification as a Certified Personal Trainer (CPT) as recognized by the Canadian Society for Exercise Physiology (CSEP).

## ADMISSIONS

New applicants are accepted into the Exercise Science program for the Fall (September) term.

## General Admissions Requirements

All applicants must meet the general admission requirements for Lethbridge College programs, as indicated in the Admission section of this calendar.

## Academic Requirements

In addition to meeting the general admission requirements indicated in the Admission section of this calendar, applicants to this program must also satisfy the following specific course requirements (or equivalencies):

- Grade 12 Biology

## Medical Requirements

Although no physical requirements are placed on applicants for entry to the program, applicants should ensure through a medical examination that their cardiovascular system is suitable to undertake strenuous exercise. Interviews may be requested.

## CURRICULUM

Course	Title	Credits
<b>Year 1</b>		
<b>Term I</b>		
BIO-1169	Structural Human Anatomy	3
ENG-1159	Writing for the Workplace	3
EXS-1159	Exercise and Healthful Living	3
EXS-1178	Resistance Training	3
PSY-1168	Sport and Exercise Psychology	3
<b>Credits</b>		<b>15</b>
<b>Term II</b>		
BIO-1155	Human Nutrition	3
BIO-1180	Human Physiology	3
EXS-1188	Movement Education	3
EXS-2252	Research Methods in Kinesiology	3
EXS-2260	Biomechanics and Applied Kinesiology	3
Elective		3
<b>Credits</b>		<b>18</b>
<b>Year 2</b>		
<b>Term I</b>		
COM-1162	Interpersonal Relationships and Communications	3
EXS-2256	Prevention and Care of Athletic Injuries	3
EXS-2261	Adapted Physical Activity	3
EXS-2262	Exercise Physiology	3
EXS-2267	Fitness Assessment	3
<b>Credits</b>		<b>15</b>
<b>Term II</b>		
EXS-2258	Practicum	3
EXS-2259	Exercise Program Design	3
EXS-2271	Advanced Conditioning	3
EXS-2274	Exercise and Chronic Conditions	3
Elective		3
<b>Credits</b>		<b>15</b>
<b>Total Credits</b>		<b>63</b>

## Electives

Students may select from the following electives, with choices dependent on scheduling. Some courses may require a prerequisite that is not included in the Exercise Science curriculum or electives list.

Course	Title	Credits
BIO-1150	Cellular Basis of Life	3
BIO-1152	Physiology of Aging	3
BIO-1156	Wellness and Health Issues	3
BUS-1124	Service-Based Small Business Management	3
CPU-1151	Introduction to Computers	1.5
ENG-1150	Composition	3
HUM-1150	Logic	3
HUM-1155	Ethics	3
ORG-2254	Public Relations	3
PED-1180	Introduction to Coaching	3

PED-2257	Therapeutic Exercise	3
PED-2272	Leadership in Physical Education	3
PED-2276	Weight Training and Exercise II	1.5
PED-2280	Advanced Coaching	3
PSY-1170	Human Development Across the Lifespan	3
PSY-1177	Psychology of Aging	3
PSY-2255	Psychology of Sports	3
SOC-1160	Introduction to Sociology	3
SOC-1167	Sociology of Aging	3
SOC-2250	Sociology of Sports	3
SOC-2273	Multicultural Issues	3

## PRACTICUM

### Work-Integrated Learning (WIL) Pre-Placement Requirements

This program has a required Work-Integrated Learning Pre-Placement Requirements (WIL) component. The College dictates the legal terms and conditions governing the WIL.

Students must meet and maintain certain requirements to participate in the WIL setting as determined by programs, practice agencies and/or legislated by government bodies. These may include health (e.g. immunizations, screening tests, etc.), privacy and security (e.g. police information check, IT access, etc.), and OH&S requirements (e.g. CPR certification, Fire Safety, WHMIS, Mask Fit-testing, etc.).

Workers' Compensation Board (WCB) coverage - WIL placement agencies and employers usually require WCB coverage on behalf of the student. Students enrolled in post-secondary institutions in Alberta are deemed to be employees of the Province of Alberta and, as such, provided WCB coverage. In certain instances for students outside of Alberta, WCB coverage may not be provided (e.g. non-Alberta residents taking a course solely through distance learning with a WIL placement outside of Alberta). These students are advised to contact the program prior to application.

Students with disabilities who may require accommodations must schedule an appointment with Accessibility Services at Lethbridge College preferably upon acceptance to the program and no later than the Add/Drop deadline to identify potential impacts of their disabilities in the WIL setting. As part of this process, it may be necessary to collaborate with WIL supervisors to determine appropriate accommodations that do not compromise the health and safety of clients, essential placement requirements, or mandatory licensing processes. Failure to consult with Accessibility Services in a timely fashion may compromise the student's WIL placement and opportunities for success in the WIL setting.

In order to participate in a WIL, a student may be required to complete a Police Information Check or other type of Security Clearance to the satisfaction of Lethbridge College and the WIL organization. Completion of a WIL does not guarantee employment with a WIL organization. Many disciplines are provincially or otherwise regulated (e.g. health professions under Alberta's Health Professions Act); such regulation is beyond Lethbridge College's control. Completion of a WIL and graduation from a certain program do not guarantee one's licensure or admission into a regulatory body. Prospective students are encouraged to consult with a representative of the relevant regulatory body if they have concerns.

WIL sites may include Lethbridge, surrounding rural communities, and may extend beyond these boundaries depending on WIL site availability and approvals. WIL's may include day, evening, and/or weekend schedules. Students will be expected to travel to assigned sites and will be responsible for arranging travel and any associated costs.

## TRANSFERS

### University of Lethbridge

Graduates of Lethbridge College's Exercise Science diploma program with a minimum 3.00 GPA are eligible to be admitted into the University of Lethbridge's Post-Diploma Bachelor of Health Sciences program for completion of their Bachelor of Health Sciences degree. Once admitted, students will be third-year degree level students at the University of Lethbridge in its Faculty of Health Sciences in all respects. For more information, please see an academic advisor and visit [www.uleth.ca](http://www.uleth.ca) (<https://www.uleth.ca>)

## CAREERS

With a diploma in Exercise Science, you'll be ready to work in a variety of capacities in the health and wellness industry, for completing two industry certifications, or to continue your studies in a degree program:

- Business Entrepreneur
- Community Facilities
- Fitness Clubs
- Health/Resort Spas
- Medical Clinics
- Personal Fitness Care
- Physiotherapy Clinics
- Recreation Groups
- Rehabilitation Agencies
- Schools/Outreach Programs
- Senior Centres
- Sport Organizations