

Portland Community College

Exercise Science Program Information Session

Please REMAIN ON MUTE - Thank you!



Advisors assigned by Pathway

Students (who have been admitted to PCC) are assigned to an advisor by pathway, and EXS students are in the **Health & Emergency Professions (HEP) Pathway**.

Current Exercise Science advisor contacts:

James Fasulo, jfasulo@pcc.edu 971 722 5436

Jordan Ritchie, jordan.ritchie@pcc.edu 971 722 5436

Advisors assigned by Pathway

- One-on-one advising appointments available, Must be admitted to PCC and have a G number and be assigned to an advisor (their first term).
- Advising appointments offered either remotely or on campus and you can schedule the appointment. Students who are admitted in their first term will schedule an appointment on mypcc on the EAB navigate link.

How To Get Started at PCC

- Apply online for admission to PCC
- Take college placement test or bring unofficial transcripts to an academic advisor.
- Meet with an advisor to create an academic plan
- Register for classes early
- Get assistance at PCC's Orientation Centers!

Paying for College

- Full-time program – many Exercise Science students use Financial Aid!
- Apply for financial aid early – www.pcc.edu/FA
- Check MyPCC email frequently for financial aid notifications
- Make financial arrangements to pay for college at least two (2) Mondays prior to start of term

What is Exercise Science?

- The scientific study of human movement performed to maintain or improve physical fitness, health, and wellness.
- Our students learn how to help people live healthier and more productive lives through movement, exercise, good nutrition, and wellness-focused behaviors.
- Science based program!



Becoming a Fitness Professional

1. Education

Taking EXS classes to earn an educational Certificate or an AAS degree

2. Certification

EXS students are prepared for national fitness certification exams

3. Experience

Practicums and internships to gain field experience prior to graduation

Education - Degree & Certificates

- **Associate's of Applied Science (AAS) degree** (90 credits): two-year educational program for future fitness professionals wanting to excel in the workplace and for those who want to continue on to a Bachelor's degree
- **Personal Trainer** (41 credits): work primarily one-on-one with clients
- **Group Fitness Leader** (31 credits): teach group fitness classes
- **Healthy Older Adult Fitness** (30 credits): work with older adults
- **Yoga Teacher** (12 credits): teach yoga classes (Yoga Alliance)

All four certificates can be completed within the two-year AAS degree curriculum

National Certifications - Examples



- American College of Sports Medicine (ACSM)
- American Council on Exercise (ACE)
- National Academy of Sports Medicine (NASM)
- National Strength & Conditioning Association (NSCA)
- Aquatic Exercise Association (AEA)
- Yoga Alliance (YA)

Experience

Internship Possibilities:

- Athletic Clubs
- Fitness Centers
- Training Studios
- Parks & Recreation
- Corporate Fitness
- Non-Profit Organizations
- Senior Living Residences
- Allied Health/Clinical Fitness
- Community Centers
- Youth Programs



Classes in Exercise Science Curriculum

Anatomy & Physiology (structure and function of the human body)

Career Exploration

Resistance Training (Basic and Advanced Techniques)

Fitness Promotion

Fitness and Aging

Team Sports/Coaching; Group Exercise; Mind/Body; Outdoor Leadership

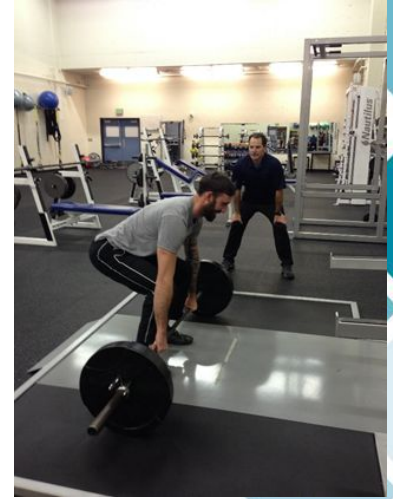
Hatha Yoga Philosophy & Techniques

Exercise Prescription (General Population & Special Populations)

Fitness Assessment (Beginning & Advanced)

Aquatic Exercise, CPR, First Aid & more!

A day in the life of an EXS student...



Educational sessions, group exercise teaching, use of equipment

After PCC Exercise Science?

→EMPLOYMENT:

- ◆ **Entry-level full and part-time positions** in health and fitness clubs, wellness centers, public and private recreation facilities, personal training studios, hospitals and/or corporate fitness centers. **Salary ranges \$20-50/hour or \$30,000-70,000/year** with higher wages with increased experience, education, motivation

→CONTINUED EDUCATION:

- ◆ **Bachelor's of Science** or higher in Exercise and Sport Science, Kinesiology, Fitness Promotion, Health Coach, Community Health
- ◆ **Articulation Agreement** for students to enter Portland State University as a Junior after completing the EXS AAS degree.

EXS Program Info



Most classes are In Person at Sylvania.
Most classes Monday - Thursday 8a-5p
High quality lab and exercise equipment.
Opening new EXS facilities Fall 2023.
Faculty highly educated & experienced.
Program is Limited.

Application Prerequisites

Before Applying to Exercise Science:

- Be a PCC “credit-seeking” student with G number and PCC email
- Attend EXS Information Session (That’s Today!)
- MTH 20, RD 115, WR 115 (or IRW 115) or higher level placement test scores must be completed.

Application Process

- **APPLY** online at: <https://www.pcc.edu/programs/exercise-science/>
- **SCHEDULE** an appointment with Health Admissions Office or program advisor (provide unofficial transcripts if applicable)
- **FORMAL ADMISSION** – Major change to Exercise Science and receive override to enroll in FT131-Structure & Function of Human Body, (Offered Fall Term).

Program Costs

Tuition	\$123 per credit hour
Technology Fee	\$5.30 per credit hour
Parking Fee	\$50 per term, 6 terms
Student Activity Fee	\$3.40 per credit hour
College Service Fee	\$15 per term, 6 terms
Books (AAS degree)	\$1200
Books (GFL or PT certs)	\$750
Books (HOAF cert)	\$500

Estimated cost of AAS two year program 90 Credits: \$12,000 - \$14,000

Additional Recommendations

- View Exercise Science program page at:
<https://www.pcc.edu/programs/exercise-science/>
- Complete a FAFSA application for financial aid and/or scholarship eligibility.
- Learn more about the career options available in Exercise Science

QUESTIONS?

Contact Alma Eaton, Faculty Dept Chair
alma.eaton@pcc.edu



EXERCISE SCIENCE IS AMAZING!