

# > EXERCISE SCIENCE

Turn your passion for a healthy, active lifestyle into a career you'll love. In the Exercise Science program, you'll be on your way to a fast-paced career helping people of all ages and abilities maintain their physical well-being.

"THE ENTIRE LETHBRIDGE COMMUNITY WAS WELCOMING AND I FELT AT HOME IMMEDIATELY. THE INSTRUCTORS WERE VERY HANDS ON AND HELPFUL - THE QUALITY OF EDUCATION WAS SECOND TO NONE."

Michael Clemons  
Exercise Science 2019

**BE READY.**

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## EXPLORE YOUR DIPLOMA!

- A diploma includes both required and optional courses which are called “approved electives”. You may choose any course from the approved electives list.
- Some courses may have additional pre-requisites. Please consult the calendar for specific information.

### Suggested sequencing for a 2-year diploma:

#### SEMESTER ONE

BIO-1169 Structural Human Anatomy  
 ENG-1159 Writing for the Workplace  
 EXS-1159 Exercise and Healthful Living  
 EXS-1178 Resistance Training  
 PSY-1168 Sport and Exercise Psychology

#### SEMESTER THREE

COM-1162 Interpersonal Relationships & Communication  
 EXS-2256 Prevention and Care of Athletic Injuries  
 EXS-2261 Adapted Physical Activity  
 EXS-2262 Exercise Physiology  
 EXS-2267 Fitness Assessment

#### SEMESTER TWO

BIO-1155 Human Nutrition  
 BIO-1180 Human Physiology  
 EXS-1188 Movement Education  
 EXS-2252 Research Methods in Kinesiology  
 EXS-2260 Biomechanics and Applied Kinesiology  
 Elective

#### SEMESTER FOUR

EXS-2258 Practicum  
 EXS-2259 Exercise Program Design  
 EXS-2271 Advanced Conditioning  
 EXS-2274 Exercise and Chronic Conditions  
 Elective

## EXPLORE YOUR OPTIONS!

*Choose your options from the electives list.*

U of L transfer course information provided. For other institutions refer to [transferralberta.ca](https://transferralberta.ca)

Electives are courses you choose which are part of your diploma. These courses can be chosen to deepen your understanding, expand your knowledge, fulfill an interest, or set you on the path to a degree at another college or university.

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.

## ELECTIVES

LC Code	LC Title	U of L Code	LC Code	LC Title	U of L Code
BIO- 1150	Cellular Basis of Life	BIOL 1010	PED-2257	Therapeutic Exercise	
BIO 1152	Physiology of Aging	KNES 2xxx	PED-2272	Leadership in Physical Education	
BIO-1156	Wellness and Health Issues	KNES 1xxx	PED-2280	Advanced Coaching	
BUS-1124	Service-Based Small Business Management		PSY-1170	Human Development Across the Lifespan	PSYC 2xxx
CPU-1151	Introduction to Computers		PSY-1177	Psychology of Aging	PSYC 2xxx
ENG 1150	Composition	WRIT 1000	PSY-2255	Psychology of Sports	PSYC 2xxx
HUM-1150	Logic	LOGI 1000	SOC-1160	Introduction to Sociology	SOCI 1000
HUM-1155	Ethics	PHIL 1xxx	SOC-1167	Sociology of Aging	SSCI 1xxx
PED-1180	Introduction to Coaching	KNES 2xxx	SOC-2250	Sociology of Sports	KNES 2xxx

# START HERE.

## KINESIOLOGY

If you are interested in Kinesiology, start here and work with our Advisors to plan a mix of transferable courses from Exercise Science and General Arts and Science.

### EXS courses with transfer to the University of Lethbridge.

LC Code	LC Title	U of L Code
EXS-1159	Exercise and Healthful Living	KNES 1000
BIO-1155	Human Nutrition	BCHM 2300
BIO-1169	Structural Anatomy	KNES 2xxx
BIO-1180	Human Physiology	KNES 2xxx
EXS-2260	Biomechanics and Applied Kinesiology	KNES 2xxx
EXS-2261	Adapted Physical Activity	KNES 2160
EXS-2262	Exercise Physiology	KNES 2xxx
EXS-2267	Fitness Assessment	KNES 2xxx
EXS-2271	Advanced Conditioning	PHAC 3050

## WHAT IS TRANSFER ALBERTA?

It's a provincial database holding information on course transfer between institutions in Alberta and Saskatchewan. Learn more about your transfer options at [transferalberta.ca](https://transferalberta.ca). For information on transfer to B.C. institutions visit [BCtransferguide.ca](https://bctransferguide.ca)

## BACHELOR OF HEALTH SCIENCES DEGREE

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.

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# WORK INTEGRATED LEARNING

an opportunity to work with real businesses and organizations to apply the skills you learn in classes, develop professional work skills, and add experience to your resume!

### EXS-2259 EXERCISE PROGRAM DESIGN

Work with a client to develop practical skills in health-related fitness assessment and lifestyle counselling and apply exercise prescription principles and techniques.

### EXS 2258-PRACTICUM

Apply skills in the fitness and sports industry.

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# INDUSTRY CERTIFICATIONS

After one year you'll be ready for the **Group Exercise certification** with Fitness Alberta®. Start with the Foundations in physical activity and exercise course, and then choose a specialty. If choosing group exercise leader as your specialty, you will complement the certification with a designation such as portable equipment or cycle.

Certification courses are offered on campus by Be Fit For Life (BFFL) in partnership with the Lethbridge College Students Association (LCSA) who provides subsidies for students to gain the industry recognized certification. To learn more contact BFFL at [befitforlife@lethbridgecollege.ca](mailto:befitforlife@lethbridgecollege.ca), 403-382-6919, or drop by the office in PE 2401.

After two years you'll be ready to write the gold standard in exercise science and personal training: the **Canadian Society for Exercise Physiology – Certified Personal Trainer (CPT)**. Practical Exams can be completed on campus following the completion of your diploma. To learn more about CPT contact [info@csep.ca](mailto:info@csep.ca) or call 1-877-651-3755.

Please note that exam and material fees may apply.



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## Give your future a running start

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 classroom assignments that involve indoor and outdoor activities. And you'll have plenty of practical opportunities to work with actual clients as you work towards certification.



AFTER ONE YEAR OF THE DIPLOMA PROGRAM COMPLETE THE OPTIONAL FITNESS LEADER CERTIFICATION THROUGH ALBERTA FITNESS LEADERSHIP CERTIFICATION ASSOCIATION (AFLCA)  
**Learn more at [fitnessalberta.com](https://fitnessalberta.com)**



AFTER TWO YEARS OF THE DIPLOMA PROGRAM COMPLETE THE OPTIONAL PERSONAL TRAINER CERTIFICATION THROUGH THE CANADIAN SOCIETY FOR EXERCISE PHYSIOLOGY (CSEP)  
**Learn more at [csep.ca](https://csep.ca)**



## CAREER OPPORTUNITIES

- BUSINESS ENTREPRENEUR
- COMMUNITY FACILITIES
- FITNESS CLUBS
- HEALTH/RESORT SPAS
- MEDICAL CLINICS
- PERSONAL FITNESS CARE
- PHYSIOTHERAPY CLINICS

## READY TO LEARN MORE?

### DISCUSS YOUR OPTIONS WITH OUR TEAM:

#### Academic Advising

403.320.3366 • [advisor@lethbridgecollege.ca](mailto:advisor@lethbridgecollege.ca)  
PA1130 (across from the Bookstore)

#### Jillian Hallworth

Program Chair, Exercise Science

[jillian.hallworth@lethbridgecollege.ca](mailto:jillian.hallworth@lethbridgecollege.ca)

APPLY TODAY AT

[lethbridgecollege.ca/exercisescience](https://lethbridgecollege.ca/exercisescience)