

EXERCISE SCIENCE (EXS)

EXS101 / Introduction to Exercise Science

3 Credits / 3.0 Periods for Lecture

Introductory course that will provide the student with a general overview of the key theories and concepts, professions, and research areas associated with the field of Exercise Science. Educational pathways and career options will also be examined. Prerequisites: None.

Division: Health Science and Public Service

EXS125 / Introduction to Exercise Physiology

3 Credits / 3.0 Periods for Lecture

Principles of exercise science applied to fitness instruction. Major factors related to the function of the human body will be examined/introduced with an emphasis on exercise physiology and functional anatomy. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor.

Division: Health Science and Public Service

EXS146 / Introduction to Exercise Testing

1 Credit / 2.0 Periods for Lecture & Lab

Introductory course in exercise testing, to include health appraisal, risk stratification, and the selection and administration of common evidence-based assessments for apparently healthy populations. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor. Prior completion of or concurrent enrollment in EXS125 is recommended.

Division: Health Science and Public Service

EXS215 / Resistance Training and Recovery Techniques

3 Credits / 4.0 Periods for Lecture & Lab

Fundamental methods for safe and effective instruction of resistance, functional, and athletic conditioning exercises. Application of foundational principles of physiology and kinesiology. Overview of warm-up, cooldown, and recovery techniques. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor.

Division: Health Science and Public Service

EXS217 / Cardiorespiratory and Flexibility Training

3 Credits / 4.0 Periods for Lecture & Lab

Fundamental methods for safe and effective instruction of cardiorespiratory and flexibility training exercises. Application of foundational principles of physiology and kinesiology. A grade of C or better required in all Prerequisites. Prerequisites or Corequisites: EXS101 or permission of Instructor.

Division: Health Science and Public Service

EXS239 / Practical Applications of Personal Training Skills and Techniques Internship

3 Credits / 5.4 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: CPR certification must be current through the duration of the internship. EXS239 may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS239AA / Practical Applications of Personal Training Skills and Techniques Internship

1 Credit / 1.8 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: CPR certification must be current through the duration of the internship. EXS239AA may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS239AB / Practical Applications of Personal Training Skills and Techniques Internship

2 Credits / 3.6 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: CPR certification must be current through the duration of the internship. EXS239AB may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS246 / Advanced Exercise Testing

2 Credits / 3.0 Periods for Lecture & Lab

Advanced course in exercise testing, to include health appraisal, risk stratification, and the selection and administration of evidence-based assessments for apparently healthy and athletic populations. Pharmacology, special populations, and environmental conditions are also examined. Prerequisites: A grade of C or better in EXS146 or permission of Instructor.

Division: Health Science and Public Service

EXS255 / Program Design: Muscular Fitness and Performance

3 Credits / 4.0 Periods for Lecture & Lab

Advanced principles of muscular fitness, sports performance, and recovery techniques including needs analysis, interpretation of assessment outcomes, and evidence-based program design for healthy and athletic populations. Considerations for special populations and environments also examined. Prerequisites: A grade of C or better in (EXS125 and EXS146) or permission of Instructor.

Division: Health Science and Public Service

EXS257 / Program Design: Cardiorespiratory Fitness

3 Credits / 4.0 Periods for Lecture & Lab

Advanced principles of cardiorespiratory fitness and weight management including needs analysis, interpretation of assessment outcomes, and evidence-based program design for healthy and athletic populations. Considerations for special populations and environments are also examined. Prerequisites: A grade of C or better in (EXS125 and EXS146) or permission of Instructor.

Division: Health Science and Public Service

EXS270 / Exercise Science Internship

3 Credits / 3.0 Periods for Laboratory

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of nine (9) credits of EXS courses with a grade of C or better, current CPR and AED card, and permission of Department/Division Chair and/or the Program Director. Course Notes: CPR and AED certifications must be current through the duration of the internship. EXS270 may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS270AA / Exercise Science Internship

1 Credit / 1.0 Periods for Laboratory

A capstone experience in a fitness or health related facility. Eighty (80) hours of designated work per credit. Prerequisites: Completion of nine (9) credits of EXS courses with a grade of C or better, current CPR and AED card, and permission of Department/Division Chair and/or the Program Director. Course Notes: CPR certification must be current through the duration of the internship. EXS270AA may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS270AB / Exercise Science Internship

2 Credits / 2.0 Periods for Laboratory

A capstone experience in a fitness or health related facility. 160 hours of designated work per credit. Prerequisites: Completion of nine (9) credits of EXS courses with a grade of C or better, current CPR and AED card, and permission of Department/Division Chair and/or the Program Director. Course Notes: CPR and AED certifications must be current through the duration of the internship. EXS270AB may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS275 / Sport Science Internship

3 Credits / 3.0 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility supervised by a National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) professional. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: EXS275 may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS275AA / Sport Science Internship

1 Credit / 1.0 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility supervised by a National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) professional. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: EXS275AA may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS275AB / Sport Science Internship

2 Credits / 2.0 Periods for Lecture & Lab

A capstone experience in a fitness or health related facility supervised by a National Strength and Conditioning Association (NSCA) Certified Strength and Conditioning Specialists (CSCS) professional. Eighty (80) hours of designated work per credit. Prerequisites: Completion of a grade of C or better in nine (9) credits of EXS courses, approved by the Department Chair and/or Director, current CPR and AED card, and permission of Department or Division. Course Notes: EXS275AB may be repeated for a maximum of six (6) credits.

Division: Health Science and Public Service

EXS280AB / Special Topics in Exercise Science

1 Credit / 1.0 Periods for Lecture

Conceptual and research basis of current topics in exercise science. Prerequisites: A grade of C or better in EXS101, or EXS112, or EXS125, or permission of Instructor. Course Notes: EXS280AB may be repeated for credit.

Division: Health Science and Public Service

EXS290 / Introduction to Evidence-Based Practice

3 Credits / 3.0 Periods for Lecture

Introduction to best practices in the acquisition, analysis, synthesis, and potential application of research in the discipline of exercise science. Specific emphasis on the application of research-based evidence for applied problem solving in exercise science. Prerequisites: A grade of C or better in ENG101 or ENG107 or permission of Instructor. EXS101 recommended.

Division: Health Science and Public Service