

Exercise Science

EXSC 101

Introduction to Exercise Science [PE] • 3.0 Credits

Students examine the science of health and human movement with its associated professional sub-disciplines. These include exercise physiology, exercise psychology, physical activity epidemiology, biomechanics, motor development, K-12 physical education, and sports management. Students explore the various professional and educational requirements for occupations in these sub-disciplines. \$35 science fee.

EXSC 201

Anatomical Kinesiology • 5.0 Credits

This course will introduce students to anatomical concepts and physical laws as applied to human movement emphasizing the effects of individual and environmental variables. Includes analyses of normal and pathological gait. \$35 science fee. **Prerequisite: Completion of BIOL& 241 with a 0.7 or higher.**

EXSC 202

Personal Training • 5.0 Credits

Personal Training is a comprehensive course designed to prepare students to become certified Personal Trainers. Students learn to properly screen clients for safe participation in an exercise program, utilize different tools for assessing a clients' fitness level, and identify appropriate assessment techniques for a wide variety of clientele. Students learn components of program design for resistance training, cardiovascular training, and flexibility. \$35 science fee.

EXSC 203

Exercise Science Practicum • 2.0 Credits

Students work in conjunction with Exercise Science instructors to provide individual planning and programming for a variety of populations. Students will also observe professionals in Exercise Science related fields in a variety of settings. \$35 science fee. **Prerequisite: Completion of EXSC 202 with a 0.7 or higher, or instructor permission.**