

# EXERCISE SCIENCE (EXS)

## EXS 105 MEDICAL TERMINOLOGY 2 Credit

This course will introduce students to medical terminology in the form of common roots, prefixes, suffixes, and abbreviations, with an emphasis on spelling, definition, and pronunciation.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 110 INTRO TO EXERCISE SCIENCE 3 Credit

This survey course examines the various sub-disciplines of Exercise Science, explores career options in Exercise Science, and prepares students for the professional expectations of an Exercise Scientist.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 201 SAFETY, FIRST AID, & CPR 2 Credit

This course provides the student with knowledge and practical techniques associated with safety, first aid and CPR. CPR and First Aid certification is available.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 202 RACQUET AND INDIVIDUAL SPORTS 2 Credit

Motor skill performance, as well as biomechanical, tactical, and pedagogical knowledge for racquet and individual sports, are taught and assessed in this class.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 203 TEAM SPORTS 2 Credit

Motor skill performance, as well as biomechanical, tactical, and pedagogical knowledge for team sports, are taught and assessed in this class. Motivation, team building, and off-season training programs are also addressed in this course.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 223 YOUTH SPORTS 3 Credit

The course covers organization, management, procedures, activities, techniques, safety, character development, positive coaching methods and ethics involved in conducting youth sports. Students will be expected to complete at least eight hours of observation or volunteering in a youth sports setting. An appreciation for the importance of well-run youth sports programs and the value they provide for society will be emphasized.

**Grade Mode: Standard Letter**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 233 SOCIOLOGY OF SPORT 3 Credit

This course explores the ways in which sports are entangled in social, cultural, political, and economic forces operating at many different levels, from the social psychological levels to the global level. On one hand the course deals with the multiple ways in which individual are involved in sports organizations and activities, including our participation in sport for purposes of recreation and leisure, sports participation as self-expression and personal fulfillment, participation as spectators of sports and consumers of sports as entertainment commodities. On the other hand, the course deals with the organization of sports and sports organizations as particular representations of social organizations in general that can be analyzed in terms of goals and norms, social roles, manifest and latent functions, including all the complex social dynamics that characterize other social organizations, such as stratification. The course will also deal with the political economy of big time sports, including major university and professional sports and their contradictory relationships to their institutional settings, as well as, sport as an avenue for social change.

**Grade Mode: Standard Letter**

**Course Offerings: Lecture**

## EXS 260 SPORTS PSYCHOLOGY 3 Credit

Presents the theory and application of sports psychology. Topics covered: motivating athletes, fear of failure, imagery, dealing with anxiety, coaching the elite athlete, leadership, aggression in sport, gender and race issues, and cognitive theories.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 275 EXERCISE AND SPORTS NUTRITION 3 Credit

Scientific basis for the role of nutrition in human performance. Critical evaluation of popular practices; making optimal food choices for physical activity. Prerequisite: Sophomore standing

**Restrictions: Students with a classification of Freshman may not enroll**

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**Equivalencies: HHP 320**

## EXS 281 COACHING GOLF 1 Credit

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 282 COACHING RACQUET SPORTS 1 Credit

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 283 COACHING WEIGHT TRAINING 1 Credit

This course provides the foundation for the performance and teaching of resistance training. Various modes of resistance training will be taught with focus on each exercise's technique and cuing for clients.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

## EXS 284 COACHING TRACK/FIELD/XCOUNTRY 1 Credit

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 285 COACHING WRESTLING 1 Credit**

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 286 COACHING BASEBALL/SOFTBALL 1 Credit**

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 287 COACHING BASKETBALL 1 Credit**

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 288 COACHING FOOTBALL 1 Credit**

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 289 COACHING SOCCER 1 Credit**

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 290 COACHING VOLLEYBALL 1 Credit**

Sport-specific coaching theories, including technical and tactical skill development, will be examined.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 292 SPCL TPC IN EXERCISE SCIENCE 1-6 Credit**

Special Topics in Exercise Science. Course may be repeated with different topic.

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 305 EXERCISE PHYSIOLOGY 3 Credit**

A review of the physiologic response to vigorous physical activity and training. An understanding of the systemic and metabolic benefits to a lifestyle of physical activity as well as training for vigorous sport activity will be developed. Physiological adaptations brought on by specificity of training for anaerobic and aerobic performance will also be addressed. This course emphasizes the investigation of the physiological components of human movement. Concepts relating to neuromuscular, metabolic, circulatory, and respiratory physiology are discussed in lecture, including theoretical and practical applications of exercise and training principles.

**Pre-requisite: ENG 117, BIO 251**

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**Equivalencies: HPE 485**

**EXS 310 FITNESS ASSESSMENT METHODS 3 Credit**

This course will provide students with the opportunity to develop an understanding of exercise physiology laboratory skills and protocols necessary for the exercise/fitness profession as well as introduce the student to equipment and basic methods of assessing physiological responses to exercise. Students will also develop the ability to explain the mechanisms underlying the physiological responses to specific exercises and explain the long term adaptations to these exercises and critically analyze and interpret exercise physiology data resulting from physiological stressors. Students will also develop skills which allow students to better analyze movement from a biomechanical perspective. Prerequisite: EXS 305

**Pre-requisite: ENG 117, EXS 305**

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**Equivalencies: HHP 420, HHP 490**

**EXS 315 EVENT AND FACILITY MANAGEMENT 3 Credit**

Basic concepts of planning, facility management and of conducting sports-related events, from inception to completion, are examined in this course. Facility safety, maintenance budgeting, and staffing are also covered. The class addresses practical applications, as well as different strategies to event and facility management. A unique modular format will be used to present the class material. Expert speakers in the areas of event and facility management will present students with real life scenarios and authentic information in the course. A 10 hour practicum requirement in an event or facility management setting as part of a class project assisting in conducting an event. Coordination of the event will require class-wide collaboration and teamwork, with the quality of the event being a major assessment for the course.

**Pre-requisite: ENG 117**

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 325 ADV STRENGTH & CONDITIONING 3 Credit**

This course focuses on the various forms of anaerobic training. Students will study the physiological adaptations to anaerobic training and techniques for increasing anaerobic performance, including strength, power, and speed.

**Pre-requisite: ENG 117, EXS 305, HPE 315**

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 333 Sport Marketing, Media, and Public Relations 3 Credit**

This course examines the basic principles of marketing and how they are applied to the field of sport. They are evaluated in terms of the elemental marketing mix, which includes product, place, price, promotion, and public relations. Applications of principles for marketing, media and public relations to the sports industry are evaluated and surveyed. The three areas are presented separately and are then addressed in relation to each other.

**Pre-requisite: ENG 117**

**Grade Mode: Standard Letter**

**Course Offerings: Lecture**

**EXS 340 ETHICS, LAW & HLTH/FTNS PROFSN 3 Credit**

A problem-centred approach to ethics and moral decision-making in sport and physical activity. Current legislation of importance to the health/fitness professional is then highlighted together with an identification of professional responsibility under the law.

**Pre-requisite: ENG 117**

**Grade Mode: Standard Letter, Pass/Fail**

**Course Offerings: Hybrid, Lecture, Web Based**

**EXS 350 COACHING CERTIFICATION 2 Credit**

Students will take the American Sport Education Pro-gram (ASEP) and test for ASEP certification which is required in many school districts. Additional sport-specific coaching theories will also be examined.

**Pre-requisite:** ENG 117

**Grade Mode:** Standard Letter, Pass/Fail

**Course Offerings:** Hybrid, Lecture, Web Based

**EXS 392 SPCL TPCS IN EXERCISE SCIENCE 1-6 Credit**

Special topics in exercise science. May be repeated with different topic.

**Pre-requisite:** ENG 117

**Grade Mode:** Standard Letter, Pass/Fail

**Course Offerings:** Hybrid, Lecture, Web Based

**EXS 411 EXERCISE PRESCRIPTION I 3 Credit**

Concepts, theory, practice and research in training and conditioning will be studied. The principles of strength training, overview of training equipment, fitness assessments, and designing individual exercise programs for apparently healthy adults will be taught. Prerequisite: EXS 310

**Pre-requisite:** ENG 117, EXS 310

**Grade Mode:** Standard Letter, Pass/Fail

**Course Offerings:** Hybrid, Lecture, Web Based

**EXS 412 EXERCISE PRESCRIPTION II 3 Credit**

This course will examine the components necessary for the creation of safe and effective exercise prescriptions for special, non-healthy populations. Students will learn to design exercise programs of appropriate mode, intensity, duration, frequency and progression as well as behavioral and leadership skills necessary for exercise leaders. Prerequisite: EXS 411

**Pre-requisite:** ENG 117, EXS 411

**Grade Mode:** Standard Letter, Pass/Fail

**Course Offerings:** Hybrid, Lecture, Web Based

**EXS 490 RESEARCH IN EXERCISE SCIENCE 1-4 Credit**

Research experience for students in Exercise Science. This student initiated undergraduate research project aims to develop abilities for asking sound research questions, designing reasonable scientific approaches to answer such questions, performing experiments to test both the design and the question. We consider how to assess difficulties and limitations in experimental strategies due to design, equipment, and participant population.

**Restrictions:** Enrollment limited to students with a classification of Junior or Senior

**Grade Mode:** Pass/Fail, Lifelong Learning

**Course Offerings:** Hybrid, Lecture, Web Based

**EXS 495 INTERNSHIP 1-15 Credit**

Specialized field work in exercise science and re-lated activities. Students will serve internships at hospitals, fitness clubs, physical therapy clin-ics, etc. Internships will require the cooperation of schools, health, and fitness organizations in and around the city. Sixty contact hours per credit. May be repeated for a total of 15 credits.

**Pre-requisite:** ENG 117

**Restrictions:** Enrollment limited to students with a classification of Senior

**Grade Mode:** Other to Include Option of IP, Pass/Fail, Standard Letter

**Course Offerings:** Internship, IN/FE/Rsrch/Thsis/Prjct/Capstn

**EXS 499 SENIOR THESIS IN EXS 1 Credit**

This upper division course consists of both oral and written presentation by students majoring in Exercise Science. The thesis is based on critical evaluation of scientific literature.

**Restrictions:** Enrollment limited to students with a classification of Senior

**Grade Mode:** Pass/Fail, Standard Letter

**Course Offerings:** IN/FE/Rsrch/Thsis/Prjct/Capstn