

# EXERCISE SCIENCE (EXSC)

---

## **EXSC 101 Introduction to Exercise Science (3 credits)**

Exercise Science is the study of human movement performed to maintain or improve physical fitness. Topics include fundamental concepts, sub-disciplines, careers and professionalism in the field of exercise science.

## **EXSC 102 Foundations of Resistance Training (3 credits)**

This course will explore various resistance exercises using a variety of training equipment. Students will be able to explain how to complete safe resistance training exercises and demonstrate proper technique.

## **EXSC 201 Fitness Assessment & Program Design (3 credits)**

This course is an introduction to the essential principles and skills of exercise testing and prescription. This course provides the student with the knowledge to properly conduct various aspects of exercise testing such as the assessment of risk stratification, cardiorespiratory endurance, muscular strength and endurance, body composition and flexibility. Students will be expected to participate in these tests as well. The course then instructs the student in how to utilize the data generated from exercise testing to design and implement appropriate exercise programs for healthy and special populations. The material covered in this course is appropriate for individuals desiring work in cardiac rehabilitation, fitness centers, coaching, health care settings, or any other related exercise setting in which exercise is a commonly applied modality.

Prerequisite(s): EXSC 101 and EXSC 102

## **EXSC 202 Fitness Instruction (3 credits)**

This course will instruct students on how to develop, assess, modify, and lead various group-led exercise activities for various populations in multiple settings. Students will demonstrate safety, communication, leadership, and motivation techniques by participating in various group exercise classes. Course fee.

Prerequisite(s): EXSC 101 and EXSC 102

## **EXSC 203 Care and Prevention of Athletic Injuries (3 credits)**

This course covers the prevention and care of athletic injuries. Topics include preparticipation assessment, legal responsibilities, and evaluation and treatment of various injuries. This course prepares students to meet the certification requirements from a nationally recognized organization in basic life support and first aid. This course is only offered in the spring semester. Course fee.

## **EXSC 283 Exercise Science Internship (3 credits)**

The internship is designed to provide students with experiences typical of those encountered on a job in the exercise science field. The internship requires that the student spend 135 hours in an exercise science setting under the supervision of a site manager or a faculty member.