

# EXERCISE SCIENCE (EXSC)

**EXSC-COMP Senior Comprehensive Exam**  
(NULL credits) (Both Fall & Spring Semesters)  
NULL

**EXSC-SWMP Swimming Proficiency**  
(NULL credits) (Both Fall & Spring Semesters)  
[Pe 199] Swimming Proficiency (cr) A student may be exempt from the HWES swimming requirement if proficiency is shown by passing a swimming skill test.

**EXSC-1100 Physical Fitness**  
(1 credit) (Fall Semester)  
Physical Fitness (1) (F) This course is designed to develop an interest in, and an understanding of, the components of physical fitness. Endurance, flexibility, and strength will be improved through a variety of activities. This course will satisfy the exercise science general education fitness requirement.

**EXSC-1101 Aerobics-FITNESS**  
(1 credit) (Both Fall & Spring Semesters)  
Aerobics (Fitness) (1) (B) This course is designed to enhance body tone, strengthen muscles, and improve cardiovascular development through rhythmic activities. This course will satisfy the exercise science general education fitness requirement.

**EXSC-1105 Beginning Gymnastics & Body Mechanics**  
(1 credit) (Fall Semester)  
Beginning Gymnastics and Body Mechanics (1) (F) This is a basic course in tumbling and in the use of gymnastic apparatus. Focus will be on the physical fitness training needed for participation in gymnastics including flexibility, cardiovascular endurance, muscular strength and muscular endurance. This course will satisfy the exercise science general education fitness requirement.

**EXSC-1106 Beginning Swimming**  
(1 credit) (Both Fall & Spring Semesters)  
Beginning Swimming (1) (B) This course focuses on basic swimming techniques: floating, proper breathing, and beginning stroke development. Water safety is also emphasized. A student's stroke development will be evaluated using Red Cross criteria. This course is open to the entire student body and will satisfy the exercise science general education fitness requirement.

**EXSC-1107 Beg Weight & Circuit Training -FITNESS**  
(1 credit) (Both Fall & Spring Semesters)  
Beginning Weight and Circuit Training (Fitness) (1) (B) This course is designed to teach techniques and safety in basic weight training. Circuit training will also be included for all around fitness development. This course will satisfy the exercise science general education fitness requirement.

**EXSC-1108 Intermediate Swimming- Fitness**  
(1 credit) (Both Fall & Spring Semesters)  
Intermediate Swimming (Fitness) (1) (B) Four basic swimming strokes and water safety are covered in this course, as well as Intermediate Red Cross swimming tests. The course is open to the entire student body. This course will satisfy the physical education general education fitness requirement.

**EXSC-1109 Karate (FITNESS)**  
(1 credit) (Both Fall & Spring Semesters)  
Karate (FITNESS) (1) (B) This course is designed to improve physical fitness, mental focus, and overall health of the karate practitioner. The course covers basic stances, blocks/parries, strikes, kicks, and forms. Students will utilize basic skills learned when introduced to sparring and self-defense. This course will satisfy the general education fitness requirement.

**EXSC-1111 Varsity Sport Activity**  
(1 credit) (Both Fall & Spring Semesters)  
Varsity Sport Activity (1) (B) This may be used only one time in one's college career. Participation in a varsity sport will count one credit and will satisfy the exercise science general education fitness requirement. Credit will be awarded upon recommendation of the coach.

**EXSC-1112 Water Safety Instructor**  
(1 credit) (Discretion of Department)  
Water Safety Instructor (1) (D) This is a Red Cross certification course that qualifies the student as a WSI. Emphasis is on teaching techniques and allows one to teach basic swim courses.  
**Prerequisite(s):** EXSC-1108.

**EXSC-1114 Aikido (FITNESS)**  
(1 credit) (Both Fall & Spring Semesters)  
Aikido (FITNESS) (1) (B) This course is a Japanese martial art designed to improve physical fitness, mental focus, and overall health of the aikido practitioner. The course covers basic entries, movement, arm locks, wrist locks, throws, projections, holds, break falls and rolls. Students will utilize basic skills learned when introduced to sparring and self-defense. This course will satisfy the general education fitness requirement.

**EXSC-1115 Wellness for Life**  
(1 credit) (Both Fall & Spring Semesters)  
Wellness for Life (1) (B) This course provides students with information, skills, and strategies to promote wellness for life. It is designed to provide opportunities for the student to discover and to choose healthy lifestyles. This is the physical education general education requirement for all students. (C)

**EXSC-1116 Lifestyle FIT**  
(1 credit) (Both Fall & Spring Semesters)  
Lifestyle FIT is an energizing activity fitness class that is unique for each individual from beginner to advanced. Muscular strength, muscular endurance, stretching and cardiovascular exercises will be linked to strengthen core, tone muscles, increase flexibility and improved cardiovascular endurance.

**EXSC-1117 Brazilian Jiu Jitsu I**  
(1 credit) (Discretion of Department)  
Brazilian Jiu-Jitsu (1) (D) This course is designed to improve fitness, health and overall wellness through Brazilian Jiu Jitsu (BJJ). The course covers basic BJJ knowledge and skills (such as movements, positions, and concepts) in a progressive skill building approach and emphasizes proper technique, mobility, pressure and leverage awareness. It establishes a foundational knowledge of BJJ, including utilization of ground techniques for self-defense. This course fulfills the core fitness requirement for general education.

**EXSC-1123 Country & Social Dancing**  
(1 credit) (Spring Semester)  
Country and Social Dancing (1) (S) This course introduces a variety of country, ballroom and folk dances. It includes basic dance steps and fundamentals of dance etiquette. Does not fulfill Fitness requirement.

**EXSC-1126 Zumba (FITNESS)****(1 credit) (Both Fall & Spring Semesters)**

Zumba (FITNESS) (1) (B) This course is designed to promote healthy living and exercise through the ZUMBA® Fitness Program, a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating an exhilarating and effective fitness system. This course combines fast and slow rhythms that tone and sculpt the body using the basic principles of aerobic, interval, and resistance training to maximize caloric output, cardiovascular benefits, flexibility, and total body toning. This course will satisfy the exercise science general education fitness requirement.

**EXSC-1128 FITNESS Swimming****(1 credit) (Both Fall & Spring Semesters)**

Fitness Swimming (1) (B) This course is designed to assist students in a swimming program that develops overall muscular strength and muscular endurance, flexibility and cardiovascular fitness. This course will satisfy the exercise science general education fitness requirement.

**Prerequisite(s):** At least intermediate swim level.**EXSC-1150 Foundations of Human Movement****(2 credits) (Both Fall & Spring Semesters)**

EXSC-1150 Foundations of Human Movement (2) (F) A study of the historical developments, philosophy, principles, and career opportunities. An orientation to health, physical education, and recreation.

**EXSC-2209 Personal & Community Health****(2 credits) (Both Fall & Spring Semesters)**

Personal and Community Health (2) (B) This course presents information concerning personal, family and community health. The course is vitally essential to the individual in meeting the needs of daily living, professional, parent and community responsibilities. The student will understand health education content, disciplinary concepts, and will be able to apply these concepts to the content knowledge development of a healthy educated person.

**EXSC-2210 First Aid & Personal Safety****(2 credits) (Both Fall & Spring Semesters)**

First Aid and Personal Safety (2) (B) This course is designed to prepare the student with first aid knowledge and skills necessary to assist victims of most injuries and emergency situations. American Heart Association (AHA) certification is awarded for successful completion of Adult, Infant, and Child CPR-AED-Basic Life Support (BLS). For students pursuing AHA certification, a separate fee is required.

**EXSC-2220 Techniques of Team Sport****(2 credits) (Fall Semester)**

Techniques of Team Sport (2) (F) This course is designed to provide the student with the skills and the knowledge of rules, scoring and strategies of team sports, including basketball, soccer, volleyball, and baseball/softball. This course is limited to teaching physical education and coaching concentration students or permission of the instructor.

**EXSC-2222 Techniques of Individual Sport****(2 credits) (Spring Semester)**

Techniques of Individual Sport (2) (S) This course is designed to provide the student with the skills and knowledge of recreational individual sport activities. This may include: tennis, bowling, golf, racquetball, badminton, and anaerobic training. This course is limited to teaching physical education and coaching concentrations or permission of the instructor.

**EXSC-2240 Structural Human Anatomy****(3 credits) (Fall Semester)**

Structural Human Anatomy (3) (F) An integrated study of the structure and functions of the cell, joints, skeletal, and neuromuscular systems. Note: This course is specifically intended for those students pursuing an Exercise Science major with a concentration in Coaching, Strength and Conditioning, Sports Management or Leisure Management.

**EXSC-2250 Mindful Eating****(1 credit) (Discretion of Department)**

Mindful Eating (1) (D) This course provides students with a flexible, non-diet, mindfulness-based approach to eating, physical activity, and self-care. Mindful eating is an ancient practice with profound applications for preventing and resolving common eating challenges in a modern food-abundant environment. Delving much deeper than the obvious advice to "eat less, exercise more," students will explore the six crucial decision points in the mindful eating cycle and develop sustainable skills for effective lifestyle management they can apply personally and professionally.

**EXSC-2260 Muscular Involvement for Resistance Trng****(2 credits) (Discretion of Department)**

Muscular Involvement for Resistance Training (2) (D) This course is designed to provide students with an overview of the educational concepts, performance techniques, program design, and leadership skills needed to teach instructor-led exercise programs and design personal training programs. The course will include basic analysis and application of safe and effective exercise procedures for all fitness levels. The student will also develop the ability to analyze the agonist, antagonist, and synergistic involvement of muscles of resistance training movements.

**EXSC-2263 Care & Prevention of Athletic Injuries****(3 credits) (Both Fall & Spring Semesters)**

Care and Prevention of Athletic Injuries (3) (B) This course deals with care and treatment of injuries within the scope of the physical education instructor, coach, and certified athletic trainer through the understanding of the health education content and applying disciplinary concepts to the prevention, evaluation, management, and rehabilitation of athletic injuries. Laboratory experience will include taping techniques and using modalities in a training room setting.

**EXSC-3302 Elementary Physical Education Curriculum****(2 credits) (Both Fall & Spring Semesters)**

Elementary Physical Education Curriculum (2) (B) This course focuses on theory and practice of methods, planning, and administering the activity program of developmentally appropriate games, skills, rhythms, and gymnastics to promote the health of the elementary student through human movement. Special emphasis is placed on the implementation of Physical Activity and Health Education in the classroom based on SHAPE National Standards for Physical Education and Health. This course is limited to Teaching Physical Education and Elementary Education majors or permission of the instructor.

**EXSC-3303 Basic Nutrition****(3 credits) (Both Fall & Spring Semesters)**

Basic Nutrition (3) (B) A study of nutrient needs, food habits, food fads and fallacies, and global food needs as they apply to the understanding of health content and disciplinary concepts. Emphasis is placed on the application of nutritional health concept requirements for individuals during infancy, childhood, adolescence, and adulthood to create healthy educated persons.

**EXSC-3310 Intro to Personal Training****(3 credits) (Fall Semester)**

Introduction to Personal Training (3) (F) This course is an introductory course to prepare the student for certification as a Personal Trainer. Exercise prescription, technique, and client assessment will be included.  
**Prerequisite(s):** EXSC-2240, EXSC-2263, EXSC-3303 or permission of the instructor.

**EXSC-3320 Essentials of Strength & Conditioning****(3 credits) (Spring Semester)**

Essentials of Strength and Conditioning (3) (S) This course will cover the essential component of strength and conditioning as they pertain to the modern athlete. This includes the body's physical response to exercise, adaptations to anaerobic training, nutritional factors in sport, performance testing, program design, and administration of athletics conditioning.

**Prerequisite(s):** EXSC-3310 or permission of the instructor.**EXSC-3330 Advanced Weight & Plyometric Training****(2 credits) (Spring Semester)**

Advanced Weight and Plyometric Training (2) (S) This course is a combination of lecture and activity that is designed to teach students the knowledge and skills necessary to participate in a safe and effective advanced weight-training program. Proper weight training and spotting skills will be emphasized. Students will demonstrate and perform: plyometric, speed and agility, sport specific, power, open/closed chain and endurance exercises. This class does not satisfy the general education exercise science fitness activity requirement.

**EXSC-3340 Sports Nutrition****(3 credits) (Discretion of Department)**

Sports Nutrition (3) (D) The National Council on Strength and Fitness (NCSF) Sport Nutrition Specialist Course builds upon foundational knowledge related to nutrition by exploring the intricacies of improving sport performance through adjustments to dietary practices. The course will provide the scientific basis for sport nutrition and covers the principles, background, and rationale for current sport nutrition guidelines.

**EXSC-3350 Psychology of Sport & Methods Coaching****(2 credits) (Fall Semester)**

Psychology of Sport and Methods of Coaching (2) (F) This will be an introduction to sports psychology and coaching methods as related to sports and athletics. Emphasis will be on personality, attention, anxiety, arousal, intervention strategies, motivation as they relate to individual and team athletics.

**EXSC-3351 Theory Coaching & Officiating Football****(2 credits) (Discretion of Department)**

Theory of Coaching and Officiating Football (2) (D) This course will examine the techniques of officiating football and the study of the rules, theory, practice, and methods of coaching football.

**EXSC-3352 Theory Coaching & Officiating Basketball****(2 credits) (Discretion of Department)**

Theory of Coaching and Officiating Basketball (2) (D) This course will examine the techniques of officiating basketball and the study of the rules, theory, practice, and methods of coaching basketball.

**EXSC-3353 Thy Coach & Officiat Baseball & Softball****(2 credits) (Discretion of Department)**

Theory of Coaching and Officiating Baseball and Softball (2) (D) This course will examine the techniques of officiating baseball and softball and the study of the rules, theory, practice, and methods of coaching baseball and softball.

**EXSC-3354 Theory Coach & Officiating Track & Field****(2 credits) (Discretion of Department)**

Theory of Coaching and Officiating Track and Field (2) (D) This course will examine the techniques of officiating track and field and the study of the rules, theory, practice, and methods of coaching track and field.

**EXSC-3355 Theory of Coaching & Officiating Soccer****(2 credits) (Discretion of Department)**

Theory of Coaching and Officiating Soccer (2) (D) This course will examine the techniques of officiating soccer and the study of the rules, theory, practice, and methods of coaching soccer.

**EXSC-3357 Tests & Measure Health & Exsc Science****(3 credits) (Both Fall & Spring Semesters)**

Tests and Measurements in Health and Exercise Science (3) (B) This course primarily focuses on the theory and application of statistical concepts and skills up through the analysis of variance using both descriptive and inferential statistics. Quantitative data will be gathered and analyzed through the study and administration of assessments in the field of Health, Physical Education, and Exercise Science. Emphasis will be placed on applying these statistical concepts in the testing, assessment, and interpretation of data to promote healthy educated persons.

**EXSC-3365 Special Physical Education & Recreation****(2 credits) (Spring Semester)**

Special Physical Education and Recreation (2) (S) This course deals with special physical education, characteristics of different disabling conditions, and how to adapt activities to the special population. The student will understand how individuals learn and develop, including special needs learners, providing safe, developmentally appropriate opportunities that support physical, cognitive, social and emotional development in the physical education environment. This course is limited to Teaching Physical Education and Education majors or permission of the instructor.

**EXSC-3366 Physiology of Exercise****(3 credits) (Both Fall & Spring Semesters)**

Physiology of Exercise (3) (B) This course helps in understanding the functional responses and adaptations the body makes to exercise. Fitness testing, exercise prescription, and research will be important aspects of the course. These concepts will be used in developing physically educated learners.

**Prerequisite(s):** BIOL-2242, BIOL-2243, or EXSC-2240.**EXSC-3369 Theory Coaching & Officiating Volleyball****(2 credits) (Discretion of Department)**

Theory of Coaching and Officiating Volleyball (2) (D) This course will examine the techniques of officiating volleyball and the study of the rules, theory, practice, and methods of coaching volleyball.

**EXSC-3380 Kinesiology & Biomechanical Analysis****(3 credits) (Both Fall & Spring Semesters)**

Kinesiology and Biomechanical Analysis (3) (B) This course develops an advanced understanding of the anatomical and mechanical principles of human movement. It is beneficial for those in pre-professional tract (allied health professions), athletic health care and teaching physical education/coaching. These concepts will be used in developing physically educated learners. (VC)

**Prerequisite(s):** BIOL-2242, BIOL-2243 or EXSC-2240.**General Education Categories:** Visual Communication

**EXSC-4402 Organiz & Admin Exer Sci & Sport**

**(2 credits) (Spring Semester)**

Exercise Science and Sport (2) (S) This course provides information and practical experience in organizing and administering programs in physical education, fitness, intramurals, recreation and athletics. Legal aspects, management techniques, public relations and organizational procedure are covered. This course is limited to Exercise Science majors, Strength and Conditioning majors, or permission of the instructor.

**EXSC-4404 Outdoor Leadership**

**(2 credits) (Discretion of Department)**

Outdoor Leadership (2) (D) This course provides knowledge and practical experience in outdoor recreational activities, cooking and camping skills. Leadership skills and responsibilities will be addressed for different types of camps and programs.

**EXSC-4411 Sports Management Practicum**

**(1 credit) (Both Fall & Spring Semesters)**

Sports Management Practicum (1-4) (D) For the student pursuing the sports management program, this will allow practical application as a culmination of all coursework. The student will be placed in a job situation for actual experience.

**Prerequisite(s):** Sports Management declaration.

**EXSC-4422 Strength & Conditioning Practicum**

**(1 credit) (Both Fall & Spring Semesters)**

Strength and Conditioning Practicum I (1) (B) This course is designed to give the student the practical experience necessary for strength and conditioning. Students are expected to implement a pre-season, in-season, and/or post-season strength and conditioning program for an assigned team.

**EXSC-4423 Strength & Conditioning Practicum II**

**(1 credit) (Both Fall & Spring Semesters)**

Strength and Conditioning Practicum II (1) (B) This course is designed to give the student the practical experience necessary for strength and conditioning. Students are expected to implement a pre-season, in-season, and/or post-season strength and conditioning program for an assigned team.

**EXSC-4457 Meth & Tech Teach Phys Activity & Health**

**(3 credits) (Fall Semester)**

Methods and Techniques of Teaching Physical Activities and Health (3) (F) This course provides the knowledge and practical experience for organizing and teaching a variety of Pe activities, as well as methods and techniques for teaching health education. Limited to those students who have been accepted to the Teacher Education Program. (OC, VC)

**General Education Categories:** Oral Communication, Visual Communication, Written Communication

**EXSC-4790 Exercise Science Internship**

**(1 credit) (Discretion of Department)**

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