EXSC - Exercise Science

EXERCISE SCIENCE Courses

EXSC 225. Introduction to Exercise Science. 3 Credits.
Broad overview of exercise science including the history of the discipline and introduction to the following: Healthy People 2010 goals and objectives related to physical activity and nutrition; basic principles of nutrition, body composition, applied physiology, functional anatomy, and exercise prescription/programming for healthy individuals and those who are high risk/diseased; career opportunities in various allied-health fields such as physical therapy, physician assistant, personal training, community/ corporate/hospital-based wellness programs, cardiac rehabilitation; and research areas in exercise science.

EXSC 240. Prevention and Care of Injuries Related to Physical Activity. 3 Credits.
Practice in the skills of injury recognition and evaluation and training in cardiopulmonary resuscitation. Principles and uses of therapeutic modalities are also discussed. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better.

EXSC 250. Strength and Conditioning Leadership. 3 Credits.
This course will provide the student with skills in exercise leadership. The student will learn how to lead resistance training, flexibility training, cardiovascular training involving a variety of exercise modes, and group exercise, such as step aerobics. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better.

EXSC 322. Anatomical Kinesiology. 3 Credits.
Anatomical and mechanical analysis of human musculoskeletal function including skeletal, muscular, and neuromuscular control aspects necessary for movement. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better.

EXSC 326. Exercise Physiology I. 3 Credits.
An investigation into the metabolic adaptations, neuromuscular, endocrinological, and respiratory responses to acute and chronic exercise endeavors. Implications for enhanced health and physical performance are integrated. Prerequisites: BIOL 240 or BIOL 250, BIOL 241 or BIOL 251, CHEM 121N and CHEM 122N with a C or better; MATH 102M or higher with a C or better.

EXSC 327. Exercise Physiology II. 3 Credits.
Focuses on cardiovascular responses to exercise and applied exercise physiology, specifically the effects of different training modes, environmental factors, aging, disease states, nutrition, and ergogenic aids. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 366. Exercise Science Seminar. 1 Credit.
Seminar will include resume and cover letter writing skills, internship requirements, agency placement referrals, interviewing techniques, and certification options. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 368. Internship. 12 Credits.
Final field placement required for all students with an emphasis in exercise science. Students will be placed in an agency to gain experience in methodologies, administration techniques, and programs specific to their area of emphasis. Minimum of 400 clock hours. (qualifies as a CAP experience) Prerequisites: senior standing, permission of the instructor, and completion of all required courses in appropriate emphasis areas.

EXSC 369. Practicum in Exercise Science. 3-6 Credits.
Field-based experience in a fitness or allied-health setting. Minimum of 200 clock hours. (qualifies as a CAP experience) Prerequisites: EXSC 225.

EXSC 397. Independent Study. 1-3 Credits.
Independent study of special topic under supervision of faculty. Prerequisites: Junior standing and permission of the instructor.

EXSC 403. Lifetime Fitness and Wellness. 3 Credits.
The focus of this course is on a positive healthy lifestyle designed to enhance the current and future quality of life. Topics include: proper exercise programs, healthful nutrition, stress management techniques, and avoidance of high-risk health behaviors in order to reduce disease risk and promote healthful aging. Various laboratory assessments are used to identify health status and recommend remedial approaches. Prerequisites: Junior standing.

EXSC 408/508. Nutrition for Fitness and Sport. 3 Credits.
Emphasizes the role of nutrition as a means to enhance health and performance in sport. Topics covered include energy metabolism and nutrients, regulation of metabolism by vitamins and minerals, and weight control. Prerequisites: BIOL 240 or BIOL 250, BIOL 241 or BIOL 251, CHEM 121N and CHEM 122N with a C or better; MATH 102M or higher with a C or better.

EXSC 415/515. Exercise Testing for Normal and Special Populations. 4 Credits.
The application of different methodologies in the measurement of physiologic responses to exercise. Emphasis is placed on understanding American College of Sports Medicine guidelines, appropriate experimental techniques, and equipment necessary to evaluate changes in body composition and various metabolic, cardiovascular, and respiratory adjustments during exercise. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 417W/517. Biomechanics. 4 Credits.
Application of physical laws and mechanical principles to the human musculoskeletal system. (This is a writing intensive course.) Prerequisites: BIOL 240 or BIOL 250, PHYS 111N AND MATH 102M or higher with a C or better; ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C with a grade of C or better.

EXSC 420. Research Methods in Exercise Science. 3 Credits.
Introduction to the scientific method applied to exercise science research including bioethics, review of the literature, research design, data collection, appropriate statistical analysis, research writing, and peer review. Prerequisites: BIOL 240 or BIOL 250 and MATH 102M or higher with a C or better; STAT 130M.

EXSC 428/528. Exercise Prescription for Chronic Disease. 3 Credits.
A study of pathophysiology of common diseases with concentration in the design, implementation and administration of exercise prescription for a variety of chronic diseases. Prerequisites: BIOL 240 or BIOL 250 AND MATH 102M or higher with a C or better; EXSC 326.

EXSC 431W/531. Wellness Programming and Administration. 3 Credits.
This course provides an introduction to the principles of administration and implementation of fitness and wellness programs to individuals, groups, centers, and corporate settings. Prerequisites: BIOL 240 or BIOL 250, MATH 102M or MATH 103M or MATH 162M, and ENGL 211C or ENGL 221C or ENGL 231C with a C or better.

EXSC 508. Nutrition for Fitness and Sport. 3 Credits.
Emphasizes the role of nutrition as a means to enhance health and performance in sport. Topics covered include energy metabolism and nutrients, regulation of metabolism by vitamins and minerals, and weight control.

EXSC 515. Exercise Testing for Normal and Special Populations. 4 Credits.
The application of different methodologies in the measurement of physiologic responses to exercise. Emphasis is placed on understanding American College of Sports Medicine guidelines, appropriate experimental techniques, and equipment necessary to evaluate changes in body composition and various metabolic, cardiovascular, and respiratory adjustments during exercise.

EXSC 517. Biomechanics. 4 Credits.
Application of physical laws and mechanical principles to the human musculoskeletal system. Prerequisites: BIOL 250, PHYS 111N and MATH 102M or higher with a C or better; ENGL 110C and ENGL 211C or ENGL 221C or ENGL 231C with a grade of C or better.
EXSC 528. Exercise Prescription for Chronic Disease. 3 Credits.
A study of pathophysiology of common diseases with concentration in the
design, implementation and administration of exercise prescription for a
variety of chronic diseases.

EXSC 531. Wellness Programming and Administration. 3 Credits.
An introduction to the principles of administration and implementation of
fitness and wellness programs to individuals, groups, centers and corporate
settings.

EXSC 621. Strength and Conditioning Applications. 3 Credits.
A study of the principles and techniques utilized in optimizing physical
performance and reducing injury through proper and effective strength and
conditioning programs. Special emphasis will be placed on current research
findings, breakthrough techniques and advanced weight training techniques,
and popular conditioning practices.

EXSC 630. Exercise Physiology. 3 Credits.
Review of current physiological literature related to muscular exercise
including the cardiovascular-respiratory system, metabolic effects of
exercise, neuromuscular relationships, and the effects of training or diet,
environment, ergogenic aids, temperature, attitude, and other factors on
performance and health. Prerequisite: EXSC 509 or equivalent.

EXSC 636. Research Problems in Exercise Science. 3 Credits.
Practice in the use of statistical and analytical techniques in solving
problems in exercise science; supervised student research.

EXSC 642. Clinical Exercise Testing and Prescription. 3 Credits.
Principles of diagnostic exercise assessment, cardiovascular physiology,
electrocardiography, ACSM guidelines to exercise testing and prescription
for symptomatic and asymptomatic populations. Prerequisite: HMS 630 or
EXSC 630.

EXSC 661. Nutrition for Sports and Health. 3 Credits.
This course is an in-depth analysis of the role of nutrition in health and
human physical and athletic performance. General areas covered include the
role of the six major classes of nutrients in health and sport, physiologic and
metabolic interrelationships, malnutrition, nutrition in growing and aging,
and diet and nutrition in the prevention of disease.

EXSC 668. Internship in Exercise Science. 1-6 Credits.
Designed to provide detailed practical experience (400 clock hours) in an
exercise science field setting. Prerequisite: completion of 75% of graduate
work.

EXSC 695. Topics in Exercise Science. 1-3 Credits.
Selected topic courses in exercise science and wellness.

EXSC 697. Independent Study in Exercise Science. 1-3 Credits.
Investigations in exercise science. Problems approved in advance are
investigated under the supervision of the faculty advisor.

EXSC 698. Thesis Research in Exercise Science. 3-6 Credits.
Master's level thesis research in topics related to Exercise Science.
Prerequisite: permission of the advisor and committee.

EXSC 699. Thesis in Exercise Science. 3-6 Credits.
Preparation and writing of the master's thesis. Prerequisite: Permission of the
advisor and committee.

EXSC 727. Advanced Biomechanics. 3 Credits.
Study of the relationships among mechanics, energetics and control of
human movement. Emphasis will be placed on the application of mechanical
concepts in biomechanics research. Prerequisite: EXSC 417W or EXSC 517.

EXSC 730. Advanced Cardiovascular Exercise Physiology. 3 Credits.
A study of the physiology and pathophysiology of the cardiovascular system.
Effects of exercise on the system will also be discussed. Prerequisite:
EXSC 630.

EXSC 738. Exercise Endocrinology. 3 Credits.
This course will focus on the endocrine responses to acute and chronic
exercise and how neuroendocrine function relates to health and athletic
performance. Emphasis is placed on the role of the endocrine system in
regulating substrate utilization during exercise, energy balance, skeletal
muscle plasticity, reproductive function, and the aging process. Prerequisite:
EXSC 630.