EXERCISE SCIENCE (EXSC)

EXSC 110 - Holistic Health and Fitness (2 Credits)
Focusing on the mind-body-spirit connection, individuals assume responsibility for their health through everyday choices. Students learn about and expand on the pillars of holistic health.

EXSC 110L - Holistic Health and Fitness Lab (1 Credit)
Lab focusing on how to implement and practice techniques that promote health and well-being through the holistic practices.

EXSC 191 - Physical Activity and Health (3 Credits)
Concepts of exercise, nutrition, behavior changes, and skills to promote lifelong physical activity and health.

EXSC 200 - Introduction to Sports Medicine and Athletic Training (3 Credits)
Examination of careers and specific practices within sports medicine, specifically athletic training.
Prerequisites: C or better in EXSC 223 and EXSC 223L.

EXSC 201 - Foundations of Physical Therapy (3 Credits)
Introduction to the profession and practice of physical therapy detailing the functions, disorders, and therapies of the major organ systems in applied context.

EXSC 210 - Effective Learning Strategies (1 Credit)
Students enrolled in this course will discuss and learn how to apply evidence-based learning strategies that will increase the likelihood of success in the pursuit of a college degree.

EXSC 223 - Anatomy and Physiology I (3 Credits)
The structure and functions of the human body: tissues, integument, skeletal, muscular, respiratory, and reproductive systems, and regulation of eating and metabolism.
Prerequisites: ENGL 102; BIOL 102; CHEM 111; MATH 122 or MATH 141.

EXSC 223L - Anatomy and Physiology I Laboratory (1 Credit)
Hands-on activities covering micro- and macroscopic anatomical topics including identification of tissues, bones and markings of the skeletal system, the joints, and the skeletal muscles of the body.
Prerequisites: ENGL 102; BIOL 102, CHEM 111; MATH 122 or MATH 141.
Prerequisite or Corequisite: EXSC 223.

EXSC 224 - Anatomy and Physiology II (3 Credits)
The structure and functions of the human body: nervous, cardiovascular, digestive, immune, urinary, and endocrine systems.
Prerequisites: C or better in EXSC 223 and EXSC 223L.

EXSC 224L - Anatomy and Physiology II Lab (1 Credit)
Hands-on activities covering the gross anatomy nervous, cardiovascular, digestive, and muscular systems.
Prerequisites: C or better in both EXSC 223 and EXSC 223L.

EXSC 275 - Functional Musculoskeletal Anatomy (2 Credits)
Human anatomy for allied health professions. Focus on anatomy relevant to providing health services; knowledge and skills of orthopedic anatomy relative to muscle, ligament, and tendon; muscle origins, insertions, innervations, and actions pertaining to joint motion.
Prerequisites: EXSC 223 and EXSC 223L.
Corequisite: EXSC 275L.

EXSC 275L - Functional Musculoskeletal Anatomy Lab (1 Credit)
Clinical application of human anatomy for allied health care professions using discussion, models, and charts. Anatomy relevant to providing health care to individuals.
Prerequisites: EXSC 223 and EXSC 223L.
Corequisite: EXSC 275.

EXSC 303 - Perceptual-Motor Development (3 Credits)
Theoretical foundations and observation of growth and motor development of children, age birth to 10 years. Observation will be provided via video and live subjects provided by the instructor.
Prerequisites: C or higher in both EXSC 224 and EXSC 224L.

EXSC 320 - Exercise Physiology I (3 Credits)
The individual and combined roles of the major organ systems of the body in maintaining homeostasis during muscular exercise.
Prerequisites: C or better in EXSC 224 and EXSC 224L.
Corequisite: EXSC 320.

EXSC 330 - Exercise Physiology II (3 Credits)
Scientific and behavioral foundation of the learning and performance of motor skills.
Prerequisites: C or higher in EXSC 224 and EXSC 224L.

EXSC 330L - Exercise Physiology Lab (1 Credit)
Laboratory procedures in exercise physiology; measurement of physical fitness components.
Prerequisites: EXSC 224 and EXSC 224L.
Corequisite: EXSC 330.

EXSC 335 - Biomechanics of Human Movement (3 Credits)
Kinetic and kinematic principles governing efficient human movement. Selected methods of analyzing human movement will be reviewed.
Prerequisites: C or better in EXSC 224, EXSC 224L, PHYS 201 and PHYS 201L.

EXSC 341A - Health Fitness Practicum (1 Credit)
First hour of a supervised practicum in a clinical setting for the Health Fitness Track.
Prerequisites: EXSC 223, EXSC 224.

EXSC 351 - Acquisition of Motor Skills (3 Credits)
Scientific and behavioral foundation of the learning and performance of motor skills.
Prerequisites: C or higher in EXSC 224 and EXSC 224L.

Graduation with Leadership Distinction: GLD: Research

EXSC 355 - Special Topics in Exercise Science (1-3 Credits)
Novel and emerging themes in exercise science. Content varies by instructor and title. May be repeated for a total of 6 credit hours as content varies by title.

EXSC 395 - Research Seminar in Exercise Science (3 Credits)
The research process in exercise science; participation in, presentation and discussion of current research.
Prerequisites: EXSC 223, EXSC 224.

Graduation with Leadership Distinction: GLD: Research

EXSC 401 - Practicum Preparation (1 Credit)
Integration of major program of study and general education; issues of transition into senior practicum - EXSC 444.
Prerequisites: C or better in EXSC 330.
EXSC 663 - Environmental Exercise Physiology (3 Credits)
This course is designed to provide students a survey of physiological responses to a variety of environments, such as heat, cold, altitude, and microgravity environments, and how the body acclimatizes to these environments with regards to exercise training.
Prerequisites: C or better in EXSC 330 and EXSC 330L.

EXSC 666 - Cardiorespiratory Exercise Physiology (3 Credits)
Examination of the anatomy and function of the cardiovascular and respiratory systems of the exercising human organism, including acute adjustments and chronic adaptations to the systems.
Prerequisites: EXSC 330.

EXSC 669 - Skeletal Muscle Physiology: Form and Function (3 Credits)
Skeletal muscle physiology and exercise through select laboratory experiences and discussion of related research literature.
Prerequisites: C or better in both EXSC 330 and EXSC 330L.

EXSC 695 - Writing and Presenting in Research (3 Credits)
The research process in Exercise Science through participation, presentation, and discussion of current research.
Prerequisites: EXSC 224.