

# EXERCISE SCIENCE (EXSC)

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## **EXSC 170 - Introduction to Health and Exercise Science (3)**

*Prerequisites: ENGL 70 or ENGL 75 or (ESOL 72 and ESOL 73) or ESOL 100 OR Co-requisite: ENGL 75 or ESOL 100*  
(formerly PHED 170)

Provides an introduction to the exercise science discipline including historical perspectives, sub-disciplines, career opportunities and outlooks, certifications and credentialing opportunities. Provides an introduction to basic exercise science lab techniques and fitness assessments.

## **EXSC 180 - Care and Prevention of Athletic Injuries (3)**

*Prerequisite or Co-requisite: ENGL 75 or ESOL 100*  
(formerly PHED 180)

Introduces the basic principles for care and prevention of athletic injuries. Emphasis will be placed on scientific applications for recognition, diagnosis, classification, treatment and rehabilitation of musculoskeletal injuries.

## **EXSC 227 - Principles of Resistance Training Technique and Program Design (3)**

*Prerequisite: EXSC 170 or department consent; Prerequisite or Co-requisite: BSCI 117 or BSCI 201*

Examines resistance training techniques and program design. Emphasizes developing skills, instructional techniques, theoretical knowledge of anatomical and biomechanical principles, and practical application of effective program design, progression, and periodization.

## **EXSC 230 - Fitness Instruction (3)**

*Prerequisite: EXSC 170*

Emphasizes designing and leading exercise sessions including one-on-one, group, and team settings. Students will demonstrate knowledge and application of training principles and exercise techniques to improve fitness and instructional techniques including safety, motivation, adherence, and modifications for diverse populations. Upon successful completion of the course, students will have the knowledge and skills to sit for the ACSM's Group Fitness Instructor Certification.

## **EXSC 240 - Fitness Assessment and Programming (3)**

*Prerequisites: (BSCI 201 or BI 103 or BSCI 117 or BI 107) and EXSC 170*  
(formerly PHED 240)

Presents theoretical knowledge and practical assessment techniques for cardiorespiratory fitness, body composition and metabolic testing, interpretation of results, and development of effective individualized cardiorespiratory exercise programs.

## **EXSC 250 - Essentials of Personal Training (3)**

*Prerequisites: EXSC 230 and [EXSC 227 or (PHED 150 and PHED 152)]; Prerequisite or Co-requisite: EXSC 240 or PHED 240*  
(formerly PHED 250)

Examines the Personal Training profession and industry, business practices, role and responsibility of fitness professionals. Develops communication and interpersonal skills, training styles, and client interactions in various fitness settings, client recruitment sales and retention, business ethics, and liability insurance. Reviews program design, fitness assessment, techniques, and fitness instruction. Prepares students to pass the ACSM Certified Personal Trainer exam.

## **EXSC 260 - Psychology of Sport (3)**

*Prerequisite or Co-requisite: ENGL 101*  
(formerly PHED 160 & PE 161)

Explores personality factors, including but not limited to, motivation, aggression, and emotion, as they affect sport performance as well as the mental techniques used to enhance performance.