EXERCISE SCIENCE (EXS)

EXS-120 Human Anatomy and Physiology for Exercise Science (3)

Covers structure and function of the human body as each pertains to the skeletal, muscular, cardiovascular and respiratory systems. Stresses cellular metabolism and neuromuscular function as each applies to human movement. Arts & Sciences Elective Code: A
Hours per week: 3.0 lecture

EXS-180 Fitness Programming and Design (3)

Provides students with a basic understanding of laboratory and field assessment techniques used in exercise physiology, fitness/wellness facilities, and to a minor extent, clinical situations. Emphasizes fitness assessment and exercise program design principles for cardiovascular fitness, muscular strength and endurance, body composition, balance and flexibility. Arts & Sciences Elective Code: A
Hours per week: 3.0 lecture

Prerequisite: Minimum C- in EXS-120 or BIO-168.

EXS-280 Exercise Physiology (4)

Defines exercise through the study of neuromuscular physiology, metabolism, exercise endocrinology, cardiometabolic response, environmental adaptation and optimized physical performance. Examines physiological response to various modes of exercise through laboratory activities. Arts & Sciences Elective Code: A
Hours per week: 3.0 lecture, 2.0 lab

Prerequisite: Minimum C- in either EXS-120, or both BIO-168 and BIO-173. Minimum C- in EXS-180. Minimum C- in PEH-170.

EXS-285 Personal Trainer Capstone (3)

Solidifies in-depth knowledge and preparation for nationally certified personal trainers. Focuses on the components of personal training including behavior modification, client screening and the business of personal training. Successful completion of this course provides the necessary knowledge to apply for the NASM personal trainer, NSCA personal trainer and ACSM personal trainer certification exams. Arts & Sciences Elective Code: A
Hours per week: 3.0 lecture

Prerequisite: Minimum C- in BIO-151 or PEH-191. Minimum C- in PEH-170. Minimum C- in EXS-180. Minimum C- in EXS-280. Minimum C- in EXS-120, or in both BIO-168 and BIO-173.