

EXERCISE SCIENCE (EXSCI)

EXSCI 100. Introduction to Exercise Science. 2 Credits.

An introductory course designed for students considering a career in the broad area of exercise science. Career settings include the disciplines of exercise physiology, sport psychology, motor behavior, biomechanics, athletic training and sports medicine. Professional opportunities in the field as well as current trends in research will be presented.

Prerequisites: None

Offered: Every year, Fall and Spring

EXSCI 200. Introduction to Fitness and Conditioning. 3 Credits.

An introductory lab and lecture course will teach the fundamentals of basic fitness and exercise. Students will engage in fitness assessments and design of personal conditioning programs for healthy subjects.

Prerequisites: Acceptance in the exercise science major or permission of course instructor required.

Offered: As needed, Fall and Spring