

EXERCISE SCIENCE (EXS)

EXS 3442. Exercise Prescription & Testing. (4 Credits)

This course focuses on the theoretical and applied knowledge required to conduct safe and effective graded exercise tests and fitness evaluations for healthy and at risk populations. Students will be expected to design effective exercise programs based on the evaluative tests. Clinical exercise physiology including basic electrocardiography, cardiovascular medications, and client/patient risk stratification is included in the course.

EXS 4480. Design Resistance Training Programs. (3 Credits)

This course will examine the various anatomical and physiological aspects associated with strength and conditioning. The students will have opportunities to analyze and design a strength and conditioning program for athletes from various sports or for individuals with special needs. This course will also prepare the student for the Certified Strength and Conditioning Specialist (CSCS) certification exam provided through the National Strength and Conditioning Association (NSCA).

EXS 4494. Exercise Management for Special Populations. (3 Credits)

Requires students to select research articles from current topics in exercise physiology. Students will analyze, evaluate and discuss the methodology of the selected research topics. In addition, the importance of the institutional review board in conducting research will be covered as a preparation for HHP 4995 Senior Seminar's research project.

EXS 4495. Ethical Principles in Health and Human Performance. (3 Credits)

This course will introduce students in health and human performance to ethical principles. This class is discussion and research based dedicated to relevant topics in the principles of ethics in health and human performance professions.