EXERCISE SCIENCE (EXSC)

EXSC 3230 - Exercise Physiology
Credit(s): 3 Credits
This course examines types of exercise, muscle physiology and training regimens to improve muscle strength, power and endurance. Cardiovascular and pulmonary responses to exercise and training regimens will be included. Concepts of obesity and its management also will be covered. (offered spring semester only)
Prerequisite(s): ANAT 1000; PPY 2540

EXSC 4121 - Clinical Biomechanics
Credit(s): 3 Credits
This course emphasizes the application of biomechanical principles to human movement. Kinematics, kinetics, mechanical properties of biological tissue, muscle actions, and joint structure and function are examined. The course helps prepare students to observe, describe, and discuss human movement and alignment using biomechanical terms.
Prerequisite(s): PHYS 1220

EXSC 4910 - Internship / Fieldwork in Exercise Science
Credit(s): 1-3 Credits (Repeatable for credit)
Supervised experience or internship in a cooperative program with business, government, community, clinical, or related establishments in exercise science, health, or health promotion. This fieldwork experience provides an ideal opportunity for students to gain skill and knowledge in areas not possible through other course work and co-curricular activities. Reflection activities enable the student to process the experience and connect fieldwork with curricular concepts and themes. Academic credit is awarded in proportion to the number of hours a student-intern completes. A student must work 150 hours to earn 3 credits (50 hours equals 1 credit hour).
Attributes: UUC:Reflection-in-Action

EXSC 5121 - Clinical Biomechanics
Credit(s): 3 Credits
This course emphasizes the application of biomechanical principles to human movement. Kinematics, kinetics, mechanical properties of biological tissue, muscle actions, and joint structure and function are examined. The course helps prepare students to observe, describe, and discuss human movement and alignment using biomechanical terms.
Prerequisite(s): PHYS 1220