

## EXSCG 400

**Leadership and Ethics**

3 Credit Hours

This course explores leadership and ethics through an interdisciplinary approach. The objective of this course is to broaden the student's knowledge about theories, models and constructs as they relate to the study of ethical issues in health care. Students examine the Mercy mission and its application and impact in the healthcare field, especially as related to social determinants of health and healthcare disparities. The course includes content and activities to promote development of effective decision-making and communication skills for leadership roles, working in diverse settings and valuing service to the community as a leader.

## EXSCG 405

**Psychology of Health-Related Behavior**

3 Credit Hours

This course is designed to explore theories and models of health-related behavior among individuals and populations. Students will analyze selected theories that explain the psychology behind motivation for health-related behavior change and variables that influence short- or long-term changes. Research evidence that supports theories and models will be discussed. Emphasis is on the application of theory in developing interventions and programs targeting individuals or populations.

## EXSCG 415

**Application of Educational Practices**

3 Credit Hours

This course examines the principles related to development of educational activities and evidence-based educational practice used for delivery of information in a variety of health care fields and settings, including clinical, human performance, and rehabilitative settings. Topics include health information literacy, learning styles, generational learning, and writing learning objectives, as well as various strategies to deliver content and evaluate the effectiveness of educational activities.

## EXSCG 425

**Research Methods**

3 Credit Hours

This course is designed to advance the health care professional's ability to evaluate the validity and reliability of research findings and their application to practice within their field. The student will compare and contrast research studies related to a selected topic of interest and synthesize the results in a critical appraisal. Research methods will include qualitative, quantitative, epidemiological and mixed methods. Topic areas include determining appropriate statistical tests, interpretation of results and determining if additional research is needed. Professional written communication using APA style will be emphasized.

## EXSCG 505

**Advanced Concepts in Applied Physiology**

3 Credit Hours

This course examines the physiological responses and adaptations to both acute and chronic exercise. Topics to be covered include skeletal muscle physiology and the

cardiorespiratory, endocrine, and renal systems. Further investigation of environmental effects, ergogenic aids, gender- and other specific training procedures will be discussed. The student will recognize and apply strategies for effective programming to help with adaptations needed for performance or rehabilitation.

## EXSCG 515

**Advanced Strength and Conditioning**

3 Credit Hours

This course focuses on applying the advanced principles of strength and conditioning. Topics include biochemistry, physiology, needs analysis, and biomechanics of sport and its application to movement. Emphasis is adapting strength and conditioning principles to various settings, including rehabilitation, sport, and general fitness.

## EXSCG 540

**Advanced Coaching Practices**

3 Credit Hours

This course will investigate the theoretical basis and the evidence supporting coaching science in various healthcare settings. Students will examine various concepts of coaching and their applications to behavioral change in both the team setting and one on one setting. Significant areas of coaching strategies are discussed, including motivational interviewing, appreciative inquiry, and positive psychology. Other areas discussed are coaching skills, self-reflection, and ethics within coaching.

## EXSCG 550

**Advanced Recovery and Regeneration**

3 Credit Hours

This course is designed to investigate the history and science of methods used in the recovery and regeneration of the human body. Students will utilize research principles as they analyze the evidence related to nutrition, sleep, physical stress, and other modalities that are thought to help with recovery and regeneration of the body.

## EXSCG 580

**Advanced Motor Control and Assessment**

3 Credit Hours

The focus of this course is to explore and analyze a variety of assessment techniques about motor control and its application to sport, fitness, and activities of daily living. In addition, students will discuss current literature applied to motor control and assessments within the sport, general population, or the rehabilitation setting. Students in this course will participate in a 2-day on-campus intensive that provides opportunities to practice selected assessment skills.

## EXSCG 590

**Application of Strength and Conditioning Principles**

3 Credit Hours

This course examines theories and principles of periodization of sport and the outcomes associated with different methodologies. Preparatory, competitive, and transitional phases will be examined within the context of the annual plan. Emphasis will be placed on needs analysis, techniques, variations, frequency, intensity, time and type of exercises,

and effectiveness evaluation. Course content also includes discussing long-term athletic development concerning sport and life. Finally, students will design an annual plan for a selected individual or team.

EXSCG 600

**Scholarly Project Or Thesis Option**

6 to 9 Credit Hours

This course is a semi-independent or directed guided study course where the student completes an original research project. The thesis/scholarly project is a culmination of the MSES program and helps the student transition to a field of academia scholar as well as a professional within your discipline.