EXSC 130  
**Introduction to Exercise Science**  
3 Credit Hours  
Students will be introduced to a broad array of topics related to the field of exercise science through an introductory review of body systems and physiological concepts. Students will gain an understanding and appreciation for the processes of response and adaptation which enhance both health and fitness through regular exercise. Career options, history and philosophy, professional organizations, research methods, and professional issues will be examined.

EXSC 203  
**Nutrition for Sport**  
3 Credit Hours  
*Pre/Corequisite: P (RQ) EXSC-130*  
This course will focus on the physiological use of nutrients on the body. This course will investigate the use of proper nutrition as it applies to human performance, activities for daily living and prevention of injury and illness. Other topics will include supplementation to nutrition, eating disorder and body composition.

EXSC 210  
**Motor Behavior**  
3 Credit Hours  
This course investigates how motor development affects motor learning through the lifespan of human beings. This course explains how motor development and learning creates a framework in which skill acquisition is obtained for various sport skills and activities for daily living.

EXSC 319  
**Kinesiology**  
3 Credit Hours  
This course focuses on structural kinesiology and the study of both skeletal and muscular structures as they are involved in the science of movement. Students will learn about the effects of physical activity on health and performance, the evolution of physical activity and sport, and the physiological and social factors that influence an individual's participation in physical activity and sport. Students will review the anatomy of the skeletal and muscle systems, understand the terminology used to describe joint movements and body part locations, gain knowledge in the planes of motion in relation to human movement, and describe and understand the various types of joints in the human body and their characteristics.

EXSC 327  
**Measurement and Evaluation**  
3 Credit Hours  
*Pre/Corequisite: P (RQ) EXSC-130*  
This course introduces students to proper measurement and evaluations in exercise. Students will measure performance in the areas of health, fitness and sports. This course will investigate the use of evidence based practice in coming to valid and reliable conclusions based on evaluations.

EXSC 366  
**Strength and Conditioning Theory**  
3 Credit Hours  
*Pre/Corequisite: P (RQ) EXSC-130*  
This course is culmination of the study of program and design and its application of exercise science. This course is designed to prepare students to program and design based off of proper assessments, evidence-based research and needs analysis. This course also serves as a preparation course to take the CSCS exam.

EXSC 380  
**Internship**  
2 Credit Hours  
*Pre/Corequisite: P (RQ) EXSC-130*

EXSC 385  
**Program and Design for Sport**  
3 Credit Hours  
*Pre/Corequisite: P (RQ) EXSC-130*  
This course will focus on advanced theories of program and design for sport. This course will investigate different program methodologies based on sport, individual and team sports. Further investigation will look at factors that affect the sport and the athlete's performance on and off the field.

EXSC 390  
**Exercise Science Senior Seminar**  
1 Credit Hour  
Students are provided an overview of contemporary issues, trends, theories, and research related to exercise science. This course is a capstone course designed to integrate the student's prior academic experience in exercise science. Students will bridge the foundational curricular experience with professional preparedness and/or professional certification. The course is delivered in a seminar format to encourage student participation and interaction with peers and faculty.