EXERCISE & MOVEMENT SCIENCE (EXMS)

Courses

**EXMS 095. Special Topics. 1-6 Credits.**
See Schedule of Courses for specific titles.

**EXMS 096. Special Topics. 1-6 Credits.**
See Schedule of Courses for specific titles.

**EXMS 150. Intro to Exercise Science. 1 Credit.**
This course introduces students to the discipline of exercise science, the responsibilities of the exercise science professional, and varied career paths in the field. Prerequisite: EXMS major.

**EXMS 195. Intermediate Special Topics. 1-6 Credits.**
See Schedule of Courses for specific titles.

**EXMS 196. Intermediate Special Topics. 1-6 Credits.**
See Schedule of Courses for specific titles.

**EXMS 240. Motor Skill Learning & Control. 3 Credits.**
Examines theoretical perspectives and current principles associated with the control and learning of movement skills. Practical application of concepts to instructional and clinical settings emphasized. Pre/co-requisites: EMS or PE majors with Junior standing; ANPS 019 and ANPS 020.

**EXMS 242. Exercise and Sport Psychology. 3 Credits.**
Emphasis on personality and behavioral dynamics of sport, psychological changes associated with exercise, assessment, performance enhancement, motivation, anxiety, group processes, and exercise adoption and maintenance. Pre/co-requisite: PSYC 001.

**EXMS 244. Nutrition for Health & Fitness. 3 Credits.**
This course will explore how nutrition can influence overall health, disease, fitness and performance. Prerequisite: NFS 043.

**EXMS 245. Evaluation & Prescription. 3 Credits.**
This course will deliver in-depth applied and clinical functional measurement and evaluation techniques with subsequent exercise prescription for a variety of populations and conditions. Pre/co-requisites: EXMS 250, EXMS 254; senior EMS majors.

**EXMS 254. Neural Control of Movement. 3 Credits.**
An exploration of the neural systems involved in movement, how their functions relate to motor control theories, and changes associated with exercise or physical therapy. Prerequisites: ANPS 019 / ANPS 020, EXMS 240; EMS majors only or Instructor permission.

**EXMS 260. Adapted Physical Activity. 3 Credits.**
Examines current issues surrounding physical activity programming for individuals with disabilities. Emphasizes instructional strategies and modifications for effectively including individuals with diverse abilities into physical activity. Pre/co-requisites: EMS or PE majors with Junior standing.

**EXMS 262. Human Perf & Ergogenic Aids. 3 Credits.**
The purpose of this course is to evaluate the role and effectiveness of performance enhancing substances in sports: including supplements, diets, banned substances, prescription and social drugs, and others. Pre/co-requisites: ANPS 019, ANPS 020; NFS 163.

**EXMS 263. Fitness for Spec Populations. 3 Credits.**
Advanced course in exercise testing and prescription for a variety of unique populations. Techniques and modifications that support fitness programming for these groups will be reviewed. Pre/co-requisites: RMS 250, EXMS 260; senior EMS majors.

**EXMS 264. Health Fitness Specialist. 3 Credits.**
Designed to prepare students for the ACSM Health Fitness Specialist exam and includes a high level review of exercise physiology, risk stratification, and fitness assessments. Pre/co-requisites: RMS 250, EXMS 245; Senior standing.

**EXMS 268. Exercise Program Design. 3 Credits.**
Students will gain competency prescribing, designing, monitoring, and adapting exercise based on scientific evidence to a wide range of individuals-from healthy to those with co-morbidities. Pre/co-requisites: RMS 250, EXMS 245; Senior standing.

**EXMS 272. Senior Capstone Experience. 6 Credits.**
Supervised capstone experience in EXMS. This may include but is not limited to: independent research, teaching assistantships, service learning, and/or clinical internships in the field. Pre/co-requisites: Senior standing in Exercise & Movement Science.

**EXMS 295. Advanced Special Topics. 1-6 Credits.**
See Schedule of Courses for specific titles.

**EXMS 296. Advanced Special Topics. 1-6 Credits.**
See Schedule of Courses for specific titles.