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: Senior Exercise & Movement Science majors.

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. Prerequisites: ANPS 019 and ANPS 020; Junior standing in Exercise & Movement Science or Physical Education.

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. Prerequisite: PSYS 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. Prerequisites: ANPS 019, ANPS 020; Junior standing in Exercise & Movement Science.

EXMS 246. 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. Prerequisites: 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. Prerequisites: RMS 250, EXMS 260; Junior standing in Exercise & Movement Science.

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. Prerequisites: RMS 250, EXMS 245; Junior 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. Prerequisites: RMS 250, EXMS 245; Junior standing.

EXMS 270. Senior Seminar. 1 Credit.
This senior seminar bridges the foundational curricular experience with professional practice and/or post-graduate education. Professional seminar topics include but are not limited to: resume development, interviewing techniques, collaborative communication, etc.

EXMS 272. Senior Capstone Experience. 1-6 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. Prerequisites: Senior standing in Exercise & Movement Science.

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

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See Schedule of Courses for specific titles.