

## EXERCISE SCIENCE (EXSC)

### Courses

#### **EXSC 302. EBP in Physical Activity. 3 Credits.**

The course addresses the role of research in physical activity promotion and practice including utilization, dissemination and models of evidence-based practice. Refereed research and systematic reviews will be utilized to examine issues and consensus on aspects of measurement of-, factors influencing-, and promoting physical activity. Prerequisites: Undergraduate STAT course or Instructor permission.

#### **EXSC 303. Phys Act & Chronic Dis Epidem. 3 Credits.**

Understanding health benefits of physical activity on chronic disease prevention and health promotion throughout the life span, from clinical and public health perspectives. Discussion and application of real-life physical activity assessment, research, guidelines, and promotion in population levels.

#### **EXSC 345. Exercise Assessment & Prescrip. 3 Credits.**

Expand upon the clinical aspects of exercise physiology to evaluative and prescriptive aspects of exercise programming. Students will gain an understanding of how to evaluate testing results and prescribe safe and effective exercise programs using ACSM guidelines. Prerequisite: Master of Science in Physical Activity & Wellness Science Graduate student.

#### **EXSC 350. Physical Activity and Disease. 3 Credits.**

Empirically based exploration of the relationship between physical activity and chronic disease conditions such as obesity, cardiovascular disease, and type 2 diabetes. Prerequisite: RMS 220 or equivalent. Co-requisite: Physical Activity and Wellness Graduate student.

#### **EXSC 354. Phys Act & Wellness Promotion. 3 Credits.**

Examines leading theories of health behavior with emphasis on applying theoretical constructs in effective physical activity promotion. Multiple levels of influence on promoting behavior change, including policies, environments, social and personal factors, will be considered in light of contemporary challenges in health promotion. Prerequisite: MS in Physical Activity and Wellness Science student.

#### **EXSC 360. Energy Balance. 3 Credits.**

Empirically based exploration of human metabolism, energy balance, and weight management. An in-depth study of gold- standard and cutting- edge scientific literature regarding the impact of energy expenditure through physical activity and energy. Prerequisite: MS in Physical Activity and Wellness Science student.

#### **EXSC 365. Activity, Disability & Health. 3 Credits.**

Emphasizes content areas related to access and accommodation in physical activity for individuals with disabilities. Foci will include health promotion and disability, physical activity barriers, and designing and modifying physical activity programs in schools, recreational programs, community settings, and sport. Prerequisite: Graduate student in Master's degree in Physical Activity and Wellness Science.

#### **EXSC 368. Phys Act Prog Design and Mngmt. 3 Credits.**

High-level review, application of designing, modifying, adapting individualized, evidence-based, exercise prescriptions. Emphasis on cardiorespiratory, muscular fitness. Students apply evidence-based knowledge related to development of comprehensive evidence based exercise programs. Co-requisite: Master of Science in Physical Activity & Wellness Science student.

#### **EXSC 370. Phys Act: Communication & Eval. 3 Credits.**

Focus on implementation of physical activity promotion which includes effective communication strategies, assessing methods of implementation, and evaluation of program outcomes. Prerequisite: Physical Activity and Wellness Science Master's student.

#### **EXSC 392. Independent Study. 1-18 Credits.**

A course which is tailored to fit the interests of a specific student, which occurs outside the traditional classroom/laboratory setting under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

#### **EXSC 396. Special Topics. 1-18 Credits.**

See Schedule of Courses for specific titles.

#### **EXSC 397. Teaching Assistantship. 1-3 Credits.**

Student service as a teaching assistant, usually in an introductory level course in the discipline, for which credit is awarded. Offered at department discretion.