EXERCISE & MOVEMENT SCIENCE (EXMS)

Courses

EXMS 090. Internship. 1-3 Credits.
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

EXMS 095. Special Topics. 1-18 Credits.
See Schedule of Courses for specific titles.

EXMS 096. Special Topics. 1-18 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 190. Internship. 1-18 Credits.
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

EXMS 192. 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.

EXMS 193. Teaching Assistantship. 1-3 Credits.
Undergraduate student service as a teaching assistant, usually in an introductory-level course in the discipline, for which credit is awarded. Offered at department discretion.

EXMS 195. Intermediate Special Topics. 1-18 Credits.
See Schedule of Courses for specific titles.

EXMS 196. Intermediate Special Topics. 1-18 Credits.
See Schedule of Courses for specific titles.

EXMS 198. Undergraduate Research. 1-18 Credits.
Undergraduate student work on individual or small team research projects under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.

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: RMS 250, EXMS 254; Senior standing in Exercise & Movement Science.

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; Exercise & Movement Science major.

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. Prerequisites: Junior standing in Exercise & Movement Science or Physical Education.

EXMS 262. Human Perf & Ergogenic Aids. 3 Credits.
Evaluates 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, EXMS 244.

EXMS 263. Exercise in Chronic Conditions. 3 Credits.
Advanced course in exercise prescription for a variety of unique populations. Recommended modifications and techniques that support fitness testing and programming for individuals with specific exercise needs will be reviewed. Prerequisites: RMS 250, EXMS 260; minimum Senior standing in Exercise & Movement Science.

EXMS 264. Certified Exerc Physiologist. 3 Credits.
Designed to prepare students for the ACSM Certified Exercise Physiologist exam and includes a high level review of exercise physiology, risk stratification, and fitness assessments. Prerequisites: 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. Prerequisites: RMS 250, EXMS 245; Senior 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 290. Internship. 1-18 Credits.
On-site supervised work experience combined with a structured academic learning plan directed by a faculty member or a faculty-staff team in which a faculty member is the instructor of record, for which academic credit is awarded. Offered at department discretion.

EXMS 292. 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.

EXMS 293. Teaching Assistantship. 1-3 Credits.
Undergraduate student service as a teaching assistant, usually in an introductory-level course in the discipline, for which credit is awarded. Offered at department discretion.

EXMS 295. Advanced Special Topics. 1-18 Credits.
See Schedule of Courses for specific titles.

EXMS 296. Advanced Special Topics. 1-18 Credits.
See Schedule of Courses for specific titles.

EXMS 298. Undergraduate Research. 1-18 Credits.
Undergraduate student work on individual or small team research projects under the supervision of a faculty member, for which credit is awarded. Offered at department discretion.