**EXERCISE SCIENCE (EXSC)**

**Courses**

**EXSC 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.

**EXSC 096. Special Topics. 1-18 Credits.**
See Schedule of Courses for specific titles.

**EXSC 150. Intro to Exercise Science. 1 Credit.**
Introduces students to the discipline of exercise science, the responsibilities of the exercise science professional, and varied career paths in the field.

**EXSC 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.

**EXSC 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.

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

**EXSC 197. 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.

**EXSC 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.

**EXSC 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, ANPS 020; Minimum Junior standing.

**EXSC 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.

**EXSC 244. Nutrition for Health & Fitness. 3 Credits.**
Explores how nutrition can influence overall health, disease, fitness and performance. Prerequisite: NFS 043.

**EXSC 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: RMS 250; Senior standing in Exercise Science.

**EXSC 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. Prerequisite: Minimum Junior standing.

**EXSC 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, EXSC 244.

**EXSC 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 and programming for individuals with specific exercise needs will be reviewed. Prerequisites: EXSC 260, RMS 250; Senior standing in Exercise Science.

**EXSC 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, EXSC 245; Senior standing.

**EXSC 266. 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, EXSC 245, Senior standing.

**EXSC 270. Exer Sci Professional Seminar. 1 Credit.**
Junior seminar that 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.

**EXSC 272. Senior Capstone Experience. 1-6 Credits.**
Supervised capstone experience in Exercise Science. Prerequisite: Senior standing in Exercise Science.

**EXSC 273. EXSC WE Leadership. 3 Credits.**
Seminar serves as a leadership experience for Exercise Science students; offers applied experience in the UVM Wellness Environment. Prerequisite: Minimum Junior standing.

**EXSC 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.
EXSC 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.

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

EXSC 297. 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.

EXSC 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.