

EXERCISE SCIENCE (EXER)

EXER 100 - Introduction to Exercise Science: Careers and Content

This course introduces students to the exercise science discipline and the numerous sub-disciplines of exercise science. Opportunities are provided to identify the various content areas of exercise science, characteristics of exercise science professionals and current trends in the field. Emphasis is placed on career planning and employment opportunities.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Enrollment is limited to students with a program in Exercise Science.

EXER 101 - Applied Anatomy/Lab

This course focuses on the structure of the human body with emphasis on the musculoskeletal, cardiorespiratory, and nervous systems. The role of the musculoskeletal system in human movement is explored. Laboratory included.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Enrollment is limited to students with a program in Exercise Science.

EXER 139 - Foundations of Academic Discovery

Foundations of Academic Discovery serves as the entry point to the Rock Integrated Studies Program. With its strong faculty-student interaction, the course promotes intellectual inquiry, critical and creative thinking, and computer skills needed for academic success. Through varied content, the course introduces students to academic discourse and information literacy while exploring topics such as diversity and inclusion and global awareness. This course will set students along the path to becoming engaged with issues and scholarship important to a 21st century education while they learn about themselves and their place in the world.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Enrollment limited to students with a semester level of Freshman 1 or Freshman 2.

Enrollment limited to students with the ROCK STUDIES 2 STUDENT or ROCK STUDIES STUDENT attributes.

EXER 190 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

EXER 195 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

EXER 198 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

EXER 201 - Exercise Physiology with Lab

This course focuses on the physiological bases of exercise with emphasis on the responses and adaptations of the human body to a variety of exercise stimuli. Laboratory included. Grade of C or better is required in this course.

Prerequisites: (ERS 101^C or EXSC 101^C or EXER 101^C) and (ERS 100 (may be taken concurrently)^C or EXSC 100 (may be taken concurrently)^C or EXER 100 (may be taken concurrently)^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Enrollment is limited to students with a program in Exercise Science.

EXER 202 - Biomechanics with Lab

This course examines human movement using mechanical principles. Human anatomy and basic physics are combined to understand and analyze human movement with specific emphasis on physical activity and exercise. Laboratory included.

Prerequisites: (ERS 101^C or EXSC 101^C or EXER 101^C) and (ERS 100 (may be taken concurrently)^C or EXSC 100 (may be taken concurrently)^C or EXER 100 (may be taken concurrently)^C) and PHYS 201^C

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Enrollment is limited to students with a program in Exercise Science.

EXER 204 - Introduction to Esports

Do you like video games? This course will introduce students to the exciting world of competitive video gaming, known as "esports." Topics covered may include history, terminology, games, genres, developers, events, leagues, and venues, with a focus on health and performance implications of esports and esports-related career possibilities.

Credits: 3

Thematic Thread(s): Cultural Literacy & Community Building, Conservation, Technology & Imagination, Institutions & Human Innovations, Transfer Thread Completion Course

EXER 230 - Stress Management

This course examines intrapersonal and interpersonal stressors, the effect of stress on the body and the key concepts and theories of stress management. Effective stress evaluations and coping strategies for preventing and managing stress will be integrated. After taking this course, students will be able to demonstrate an understanding of the personal and societal impact of stress management.

Credits: 3

Term(s) Typically Offered: Offered Every Term

Thematic Thread(s): Human Diversity & Well-Being, Transfer Thread Completion Course, United States in Global Context

EXER 231 - Group Exercise Instruction

This course provides opportunities for practical skills and instruction in various group exercise activities. Emphasis is placed on physiological principles related to group exercise, as well as choreography, safety and modification for diverse populations. Current group exercise trends and research are explored.

Prerequisites: ERS 201^D or (EXSC 201^D or EXER 201^D)

^D Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offerings Vary

EXER 250 - Medical Terminology

This course is designed to provide the students with a basic understanding of the language of medicine. Emphasis is placed on basic medical word construction and medical language derivation related to health care.

Credits: 3

Term(s) Typically Offered: Offered Every Term

Thematic Thread(s): Conservation, Technology & Imagination, Human Diversity & Well-Being, Institutions & Human Innovations, Transfer Thread Completion Course

EXER 290 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

EXER 295 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

EXER 298 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

EXER 300 - Research Methods in Exercise Science

This course examines the scientific method and the role of research in developing knowledge in Exercise Science. Students develop skills to become critical consumers of research and other publicly disseminated information. Students design a data collection project using the concepts learned in the class. Grade of C or better is required in this course.

Prerequisites: (ERS 201^C or EXSC 201^C or EXER 201^C) and (ERS 202^C or EXSC 202^C or EXER 202^C) and STAT 152^C

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 301 - Aerobic Exercise Leadership

This course provides opportunities for the development of practical skills to instruct and lead aerobic exercise. Emphasis is placed on construction of a session utilizing various equipment and modes based upon appropriate physiological theories and biomechanical principles. Safety, effectiveness, intensity monitoring and modifications will be addressed. Grade of C or better is required in this course.

Prerequisites: (ERS 201^C or EXSC 201^C or EXER 201^C) and (ERS 202^C or EXSC 202^C or EXER 202^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 302 - Exercise Leadership: Resistance Training

This course provides both the theoretical knowledge and practical skills to safely and effectively design and implement resistance training programs for health and sports performance. Emphasis is placed on physiological and biomechanical principles associated with resistance exercise techniques. Current trends and research in resistance training are explored. Grade of C or better is required in this course.

Prerequisites: (ERS 201^C or EXSC 201^C or EXER 201^C) and (ERS 202^C or EXSC 202^C or EXER 202^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 304 - Current Issues in Esports Health and Society

This course is designed to critically examine the current issues confronting esports and video gaming within our increasingly digitized global society, including topics relating to health, performance, and the latest trends in the esports industry.

Credits: 3

Thematic Thread(s): Human Diversity & Well-Being, Institutions & Human Innovations, Transfer Thread Completion Course, United States in Global Context

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 305 - The Truth About Weight Loss

This course provides the opportunity to understand how body weight is lost or gained in a healthy and sustainable way. Students will demonstrate understanding of fraudulent practices and products related to weight loss will be explored. Emphasis is placed on individualized practical approaches to weight management, and students will create behavior change strategies related to a personal weight management plan.

Credits: 3

Term(s) Typically Offered: Offered Every Term

Thematic Thread(s): Conservation, Technology & Imagination, Institutions & Human Innovations, Transfer Thread Completion Course

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 350 - Advanced Application of Resistance Training

This course is designed to address advanced theories in the application of resistance training. Selected activities will allow for the application of concepts to individuals with specific goals and considerations (e.g. athletes, diseased populations, etc.). Topics of consideration will include the location and analysis of peer-reviewed resources, individualized needs analysis and the selection of muscular fitness assessments, chronic adaptations to long-term resistance training, and long-term client development and periodization.

Prerequisites: ERS 302^C or (EXSC 302^C or EXER 302^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Summer & Winter Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 390 - Experimental

A unique and specifically focused course within the general purview of a department which intends to offer it on a "one time only" basis and not as a permanent part of the department's curriculum.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 395 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 398 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 400 - Wellness Coaching and Program Management

This course examines the concepts of health, wellness and resilience. Emphasis placed on developing wellness coaching skills and the ability to utilize behavior change theories to develop wellness programming for individuals and groups. Fundamentals of business administration, as they relate to wellness programming, are also covered. Grade of C or better is required in this course.

Prerequisites: (ERS 300^C or EXSC 300^C or EXER 300^C) and (ERS 301^C or EXSC 301^C or EXER 301^C) and (ERS 302^C or EXSC 302^C or EXER 302^C) and (BIOL 216^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 401, EXER 402 and EXER 403

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 401 - Fitness Assessment

This course provides practical experiences in the selection, administration, and interpretation of various health-related fitness tests. Emphasis is placed on proper technique and communication throughout the assessment process. Grade of C or better is required in this course.

Prerequisites: (ERS 300^C or EXSC 300^C or EXER 300^C) and (ERS 301^C or EXSC 301^C or EXER 301^C) and (ERS 302^C or EXSC 302^C or EXER 302^C) and (BIOL 216^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 400, EXER 402 and EXER 403

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 402 - Exercise Prescription

This course provides the theoretical knowledge and practical skills to design personalized exercise programs that elicit specific physiologic responses and adaptations. Emphasis is placed on prescribing safe and effective individualized cardiorespiratory, musculoskeletal and weight management programs. Grade of C or better is required in this course.

Prerequisites: (ERS 300^C or EXSC 300^C or EXER 300^C) and (ERS 301^C or EXSC 301^C or EXER 301^C) and (ERS 302^C or EXSC 302^C or EXER 302^C) and (BIOL 216^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 403

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 403 - Advanced Exercise Physiology

This course provides in depth inquiry into the acute responses and long term adaptations of the human body to various types of exercise from the cellular level to the entire system. Emphasis is placed on the physiological demands of exercise and exercising at terrestrial extremes. Laboratory included. Grade of C or better is required in this course.

Prerequisites: (ERS 300^C or EXSC 300^C or EXER 300^C) and (ERS 301^C or EXSC 301^C or EXER 301^C) and (ERS 302^C or EXSC 302^C or EXER 302^C) and (BIOL 216^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 400, EXER 401 and EXER 402

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Enrollment limited to students with a semester level of Junior 1, Junior 2, Senior 1 or Senior 2.

Enrollment is limited to students with a program in Exercise Science.

EXER 410 - Clinical Exercise Physiology

This course examines cardiopulmonary exercise physiology, the pathophysiology of selected cardiovascular and respiratory diseases, cardiopulmonary rehabilitation, electrocardiography and clinical graded exercise testing. The influence of age, sex, culture, and ethnicity on risk factors for, prevalence of, and outcomes associated with selected cardiovascular and respiratory diseases are emphasized. Grade of C or better is required in this course.

Prerequisites: (ERS 400^C or EXSC 400^C or EXER 400^C) and (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C) and (ERS 403^C or EXSC 403^C or EXER 403^C) and (BIOL 217^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 411 and EXER 412

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 411 - Exercise Science: Special Populations and Conditions

This course evaluates the impact of physical activity and exercise on youth, older adults, and individuals with various health conditions and controlled diseases. Changes that occur during growth, development, maturation and the aging process in relation to physical activity/ exercise are examined. Pathophysiology, disease management, medications, exercise testing, and acute responses and chronic adaptations of physical activity/exercise programs for individuals with various health conditions and controlled diseases are identified. Special considerations for health, disease, and physical activity / exercise programming for diverse populations are explored. Grade of C or better is required in this course.

Prerequisites: (ERS 400^C or EXSC 400^C or EXER 400^C) and (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C) and (ERS 403^C or EXSC 403^C or EXER 403^C) and (BIOL 217^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 410 and EXER 412

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 412 - Exercise Science: Senior Synthesis

This course provides the opportunity to synthesize knowledge, skills and abilities in both classroom and supervised practical settings. Emphasis is placed on developing, implementing and evaluating comprehensive exercise programs for diverse clientele. Opportunities to enhance professional and personal development are provided. Valid CPR/AED certification and proof of professional liability insurance required. Grade of C or better is required in this course.

Prerequisites: (ERS 400^C or EXSC 400^C or EXER 400^C) and (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C) and (ERS 403^C or EXSC 403^C or EXER 403^C) and (ERS 424 (may be taken concurrently)^C or EXSC 424 (may be taken concurrently)^C or EXER 424 (may be taken concurrently)^C) and (BIOL 217^C or BIOL 309^C)

^C Requires minimum grade of C.

Corequisite(s): EXER 410 and EXER 411

Credits: 3

Term(s) Typically Offered: Offered Fall & Spring Terms

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 424 - Nutrition and Exercise

This course provides an understanding of the dietary standards that dictate nutritional requirements for apparently healthy adults. Emphasis is placed on the evaluation of an recommendations for macronutrients, micronutrients, and hydration status for health, physical activity, and human performance. Grade of C or better is required in this course.

Prerequisites: (HLTH 314^C or ERS 300^C or EXSC 300^C or EXER 300^C) and (ERS 301^C or EXSC 301^C or EXER 301^C) and (ERS 302^C or EXSC 302^C or EXER 302^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offered Every Term

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment limited to students in the College of Health Professions college.

EXER 430 - Seminar in Strength and Conditioning

This course analyzes advanced strength and conditioning theory and practice. Topics include musculoskeletal and cardiorespiratory physiology, metabolism and nutrition, acute responses to exercise and chronic adaptations to training, biomechanical concepts, measurement and evaluation, resistance training techniques, exercise prescription, speed development, and plyometric training. In addition, this course prepares students to take the Certified Strength and Conditioning Specialist (CSCS) examination provided by the National Strength and Conditioning Association (NSCA).

Prerequisites: ERS 302^D or (EXSC 302^D or EXER 302^D)

^D Requires minimum grade of D.

Credits: 3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 431 - Health and Fitness in the Older Adult

This course examines wellness promotion and health fitness programs for the older adult, particularly people age fifty and above. Emphasis is placed upon prevention or delay of chronic diseases or disorders.

Prerequisites: (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 432 - Pediatric Exercise Science

This course examines health, physical activity, and physical fitness status of children and adolescents. Physiological responses to exercise, methodologies for assessing physical fitness and physical activity, and promotion of physical activity are discussed. Current research in various topics related to exercise in children and adolescents are explored.

Prerequisites: (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 434 - Physiology of Aging and Physical Activity

This course examines the physiology of the aging process with emphasis on the effects of physical activity on health and on the degenerative process of aging. Emphasis is placed on the physiological responses to aging that are influenced by physical activity.

Prerequisites: (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C)

^C Requires minimum grade of C.

Credits: 3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 435 - Exercise Programming for Cancer

This course provides a foundation for an integration of knowledge and skills regarding the components of cancer, cancer treatments, and the concepts of rehabilitating cancer patients using exercise interventions. Emphasis is placed on physiological alterations that occur during and following cancer therapy and the effects that exercise has on eliminating or reducing these effects. Opportunities to develop individualized exercise programs for cancer patients will be provided.

Prerequisites: (ERS 201^C or EXSC 201^C or EXER 201^C) and (ERS 301^C or EXSC 301^C or EXER 301^C) and (ERS 302^C or EXSC 302^C or EXER 302^C) and (ERS 402^C or EXSC 402^C or EXER 402^C)

^C Requires minimum grade of C.

Credits: 3

Students with a semester level of Freshman 1, Freshman 2, Sophomore 1 or Sophomore 2 may **not** enroll.

EXER 450 - Exercise Science Internship

This course provides the opportunity for students to develop and apply exercise science knowledge, skills, and abilities in a supervised university approved setting. Valid CPR/AED certification and proof of professional liability insurance required. Grade of C or better is required in this course

Prerequisites: (ERS 400^C or EXSC 400^C or EXER 400^C) and (ERS 401^C or EXSC 401^C or EXER 401^C) and (ERS 402^C or EXSC 402^C or EXER 402^C) and (ERS 403^C or EXSC 403^C or EXER 403^C) and (ERS 410^C or EXSC 410^C or EXER 410^C) and (ERS 411^C or EXSC 411^C or EXER 411^C) and (ERS 412^C or EXSC 412^C or EXER 412^C) and (ERS 424^C or EXSC 424^C or EXER 424^C)

^C Requires minimum grade of C.

Credits: 3-12

Term(s) Typically Offered: Offered Fall, Spring, & Summer

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

Enrollment is limited to students with a program in Exercise Science.

EXER 490 - Independent Study

Independent Study courses give students the opportunity to pursue research and/or studies that are not part of the university's traditional course offerings. Students work one on one or in small groups with faculty guidance and are typically required to submit a final paper or project as determined by the supervising professor.

Credits: 1-3

Term(s) Typically Offered: Offerings Vary

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 495 - Workshop

A workshop is a program which is usually of short duration, narrow in scope, often non-traditional in content and format, and on a timely topic.

Credits: 1-6

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.

EXER 498 - Selected Topics

A Selected Topics course is a normal, departmental offering which is directly related to the discipline, but because of its specialized nature, may not be able to be offered on a yearly basis by the department.

Credits: 1-3

Term(s) Typically Offered: Offered as Needed

Students with a semester level of Freshman 1, Freshman 2 or Sophomore 1 may **not** enroll.