

North Hennepin Community College

EXSC 1500: Foundations of Exercise Science

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: *.*

Lab Hours/Week: *.*

OJT Hours/Week: *.*

Prerequisites:

This course requires either of these prerequisite categories

1. Both of these groups
 1. Any one of these four
 - Reading College Level
 - Reading at College Level
 - ADEV 0952 - College Reading and Learning Strategies II (Minimum grade: 1.67 GPA Equivalent)
 - ADEV 1950 - Reading Texts Critically
 - And
 2. Any one of these three
 - Writing College Level
 - Placement into ENGL 1201
 - ENGL 0990 - Gateway Composition
- Or
2. All of these four groups
 1. Any one of these four
 - Placement into EAP 1230
 - Reading at College Level
 - EAP 0930 - Academic Reading and Study Skills (Minimum grade: 1.67 GPA Equivalent)
 - EAP 1230 - College Reading and Studying Skills
 - And
 2. One of these two
 - Sentence Meaning at College Level
 - EAP 0900 - College Vocabulary Development
 - And
 3. Any one of these three
 - Placement into EAP 1280
 - EAP 0980 - Academic Listening and Speaking (Minimum grade: 1.67 GPA Equivalent)
 - EAP 1280 - Listening and Speaking for College Success
 - And
 4. Any one of these five
 - Placement into EAP 1260
 - Placement into ENGL 1201
 - EAP 0960 - Academic Writing Skills Development (Minimum grade: 1.67 GPA Equivalent)
 - EAP 1260 - College Writing Skills Development (Minimum grade: 1.67 GPA Equivalent)
 - ENGL 0990 - Gateway Composition

Corequisites: None

MnTC Goals: None

This course is an introduction to the professional practice and disciplinary dimensions of exercise science. Students will examine concepts including professionalism, ethics, certification and licensure, employment opportunities and scientific foundations of the various sub-disciplines within the exercise science field.

B. COURSE EFFECTIVE DATES: 08/01/2015 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

D. LEARNING OUTCOMES (General)

1. Discuss the historical and philosophical foundations of the exercise science field.
 - a. Exercise Science 1,3c
 - b. NHCC ELOs 1, 2a, 4d
2. Discuss various sub-disciplines and career opportunities within the field of Exercise Science.
 - a. Exercise Science 1, 3a, 3c
 - b. NHCC ELOs 1, 2a, 3d, 4d
3. Differentiate the various professional organizations and certifying agencies within the field.
 - a. Exercise Science 3c, 4a
 - b. NHCC ELOs 1, 3d, 4d
4. Identify professional expectations of employment within the field of exercise science.
 - a. Exercise Science 3a, 3c
 - b. NHCC ELOs 1, 3d
5. Examine diversity and inclusion as it relates to gender, ethnicity, race, sexual orientation, and disability in sport and exercise.
 - a. Exercise Science 1, 3a, 3d
 - b. NHCC ELOs 1, 2a, 3d, 4d

E. Minnesota Transfer Curriculum Goal Area(s) and Competencies

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

1. Knowledge of Human Cultures and the Physical and Natural World--Through study in the sciences, mathematics, social sciences, humanities, histories, languages, the arts, technology and professions.
2. Intellectual and Practical Skills--Including: Inquiry and analysis; Critical and creative thinking; Written and oral communication; Quantitative literacy; Information literacy; Teamwork and problem solving.
3. Personal and Social Responsibility and Engagement--Including: Civic knowledge and involvement--campus, local and global; Intercultural knowledge and competence; Ethical reasoning and action; Foundations and skills for lifelong learning.
4. Integrative and Applied Learning--Including: Synthesis and advanced accomplishment across general education, liberal studies, specialized studies and activities in the broader campus community.