

# North Hennepin Community College

## EXSC 2390: Current Research Trends in Exercise Science

### A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: \*.\*

Lab Hours/Week: \*.\*

OJT Hours/Week: \*.\*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course is designed for formulating, designing, and implementing meaningful research into timely and practical educational issues within the exercise science field. The study of a particular topic(s) of special importance, relevance, and currency to those going into the exercise science field will be the main theme. Course content may vary with each offering.

### B. COURSE EFFECTIVE DATES: 12/15/2015 - Present

### C. OUTLINE OF MAJOR CONTENT AREAS

1. Course content includes, but is not limited to, risk factor screenings, sports nutrition topics, exercise science, current fitness trends, exercise programming and appropriate progressions, lifestyle modifications, literature reviews and basic research methods and techniques.

## **D. LEARNING OUTCOMES (General)**

1. Demonstrate an understanding of basic research methods and techniques.  
A.S. in Exercise Science Goals: 1, 2a,b,c, 3a, 4  
A.S. in Corporate Wellness Goals: 1, 2a,b,c,d,e, 3a, 4  
NHCC ELOs: 1,2,3,4
2. Demonstrate how research methods are used in solving research problems in the kinesiology field.  
A.S. in Exercise Science Goals: 1, 2a,b,c,f, 3a, 4  
A.S. in Corporate Wellness Goals: 1, 2a,b,c,e,f, 3a, 4  
NHCC ELOs: 1,2,3,4
3. Identify and examine current controversies, trends and research within the Kinesiology field.  
A.S. in Exercise Science Goals: 1, 2b,c,e, 4  
A.S. in Corporate Wellness Goals: 1, 2a,c,e, 4  
NHCC ELOs: 1,2,4
4. Identify and examine current controversies, trends and research in sport nutrition and supplementation.  
A.S. in Exercise Science Goals: 1, 2b,c,e, 4  
A.S. in Corporate Wellness Goals: 1, 2a,c,e, 4  
NHCC ELOs: 1,2,4
5. Demonstrate an ability to plan and conduct a research study. (Program Goals 1, 2b,c,3a,4a; NHCC ELO 1,2,3,4).  
A.S. in Exercise Science Goals: 1, 2a,b,c, 4  
A.S. in Corporate Wellness Goals: 1, 2a,b,c, 4  
NHCC ELOs: 1,2,4
6. Analyze, summarize, and interpret research writing in professional journals. (Program Goals 1, 2b,c,3a,4a; NHCC ELO 1,2,3,4).  
A.S. in Exercise Science Goals: 1, 2a,e, 4  
A.S. in Corporate Wellness Goals: 1, 2a,e, 3d, 4  
NHCC ELOs: 1,2,3,4

## **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.