Alexandria Technical and Community College

EXSC 1670: Introduction to Exercise Science

A. COURSE DESCRIPTION

   Credits: 2
   Lecture Hours/Week: 2
   Lab Hours/Week: 0
   OJT Hours/Week: *.*
   Prerequisites: None
   Corequisites: None
   MnTC Goals: None

   This course provides a comprehensive overview of the field, exploring its historical and philosophical foundations, as well as its diverse career opportunities. Students will have the opportunity to differentiate the various professional organizations and certifying agencies within the field, understanding their missions, goals, and certification requirements. Additionally, students will gain insights into the professional expectations of employment within the exercise science field, including the importance of ethical and professional conduct, code of ethics, and standards of practice.

B. COURSE EFFECTIVE DATES: 04/27/2023 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

   1. Analyze the historical and philosophical foundations of exercise science
   2. Investigate career opportunities within exercise science
   3. Compare professional organizations and certifying agencies in exercise science
   4. Evaluate the impact of industry trends and advancement of exercise science
   5. Discuss ethical and professional conduct in exercise science
   6. Analyze the role of exercise in promoting physical activity and health
   7. Evaluate the role of exercise in preventing and managing musculoskeletal injuries

D. LEARNING OUTCOMES (General)

   1. The learner will discuss the historical and philosophical foundations of the exercise science field.
   2. The learner will discuss various career opportunities within exercise science.
   3. The learner will differentiate professional organizations and certifying agencies within the field.
   4. The learner will identify professional expectations of employment within the field of exercise science.

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

   None

F. LEARNER OUTCOMES ASSESSMENT

   As noted on course syllabus

G. SPECIAL INFORMATION

   None noted