

Minnesota State College Southeast

EXSC 1280: Introduction to Exercise Science

A. COURSE DESCRIPTION

Credits: 3

Lecture Hours/Week: 2

Lab Hours/Week: 2

OJT Hours/Week: *.*

Prerequisites: None

Corequisites: None

MnTC Goals: None

This course provides an introduction to the field of exercise science. Students will explore career opportunities and develop an understanding of the expectations for professionals in the field of exercise science. The course will include hands-on experiences for students in fitness assessment and resistance training. (Prerequisite: BIOL 1200 or BIOL 2515) (3 credits: 2 lecture/1 lab)

B. COURSE EFFECTIVE DATES: 03/20/2018 - Present

C. OUTLINE OF MAJOR CONTENT AREAS

1. The role of sport and exercise science in health and sport industries
2. Socio-cultural issues in sport and exercise science
3. Career pathways and sub-disciplines in sport and exercise science
4. Applications of fundamental standards and techniques in sport and exercise science

D. LEARNING OUTCOMES (General)

1. Discuss the historical and philosophical foundations of the exercise science field
2. Discuss various career opportunities within the field of exercise science
3. Differentiate the various professional organizations and certifying agencies within the field of exercise science
4. Identify professional expectations of employment in the exercise science industry
5. Demonstrate the ability to assess an individual for body composition, muscular fitness, cardio-respiratory fitness, and flexibility
6. Design a program to maintain or improve aspects of physical fitness such as body composition, muscular fitness, cardio-respiratory fitness, or flexibility
7. Identify appropriate muscles, movements, and joint actions as executed through various movements
8. Apply fundamental knowledge of benefits, adaptations, and principles related to resistance training programs
9. Integrate the safety standards, fundamentals, techniques and strategies of strength training into a personal program

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

None

F. LEARNER OUTCOMES ASSESSMENT

As noted on course syllabus

G. SPECIAL INFORMATION

None noted