

EXERCISE SCIENCE (EXSC)

EXSC 1096 — Fitness and Wellness

Typically Offered: Fall, Spring

Credits: 1

Lecture hours: .5

Lab hours: .5

Fitness and Wellness is a course that will help increase student awareness of the need for a lifetime fitness and wellness program. Students will develop programs and participate in activities to help them implement a lifetime commitment to fitness and wellness.

EXSC 1097 — Individual Lifetime Fitness

Typically Offered: Fall, Spring

Credits: 1

Lecture hours: .5

Lab hours: .5

Lifetime Fitness is a course for individuals who are interested in maintaining their fitness but not particularly interested in participating in activities that are team or group oriented. They will be taught basic fundamentals of maintaining a healthy lifestyle through mini lectures and exposure to activities that can be performed in a variety of locations from the gym to the home and outdoors.

EXSC 1543 — First Aid and CPR

Typically Offered: Fall, Spring, Summer

Credits: 3

Lecture hours: 2

Lab hours: 1

This class teaches first aid and lifesaving techniques. It is taught using curriculum from the Emergency Care and Safety Institute. (Additional fee required)

EXSC 1997 — Exercise Science Internship I

Typically Offered: Fall, Spring

Credits: 1-3

Lab hours: 1 to 3

This course is designed to provide hands-on experiences in Physical Education. Internships are an opportunity for students to link theory with practice. They are temporary, on-the-job experiences intended to help students identify how their studies in the classroom apply to Physical Education. Internships are individually arranged by the student in collaboration with a faculty member in the PE Department and a supervisor at the workplace. This course is recommended for first-year students and is repeatable for up to 6 credits, with no more than 3 credits per semester. Additional fees required. Internships are typically pass/fail credits. Students desiring a grade will need to negotiate a contract with significant academic work beyond the actual work experience.

EXSC 2000 — Introduction to Physical Education

Typically Offered: Fall, Spring

Credits: 3

Lecture hours: 3

Any student seeking a career in Physical Education and related areas should take this course. The course is required for physical education majors. We study the history of physical education in America, sports in society, job opportunities in various sporting careers, and the psychology of sport and coaching/teaching philosophy.

EXSC 2010 — Introduction to Exercise Science

Typically Offered: Fall, Spring

Credits: 3

Lecture hours: 3

The Exercise Science program provides students with the opportunity to explore adaptations and responses to human movement. It explores the relationship between fitness, nutrition, and health. Students who complete their degree in Exercise Science will be able to pursue careers in Athletic Training, Physical Therapy, Exercise Physiology, Kinesiology, Recreation, Health and Fitness, and Physical Education Teaching, and other related areas.

EXSC 2030 — Organization Intramural Sports

Typically Offered: Fall, Spring

Credits: 3

Lecture hours: 2

Lab hours: 1

This course teaches the development of sports tournaments, units of competition, scoring systems and coordination of intramural sports programs with physical education and athletics in secondary and postsecondary schools.

EXSC 2070 — Introduction to Sports Psychology

Credits: 3

Lecture hours: 3

An introduction to different aspects of sport psychology including research, application, the mental aspects of sports, and the most up-to-date techniques utilized in sports psychology throughout the world.

EXSC 2222 — Playground Education and Recreation

Typically Offered: Spring

Credits: 3

Lecture hours: 3

This course involves lecture and practical work in the selection and use of suitable materials and methods used for directing and teaching age-level groups different skills and games. Students will learn organization and leadership skills for a variety of social and recreation games.

EXSC 2500 — Personal Training

Typically Offered: Fall, Spring

Credits: 3

Lecture hours: 2

Lab hours: 1

This course is designed to give students the knowledge and understanding necessary to prepare for the ACSM Personal Trainer Certification Exam. Students will be taught skills, such as exercise programming and nutrition planning, that will help them to facilitate lifetime changes in clients as well as help them improve in posture, movement, flexibility, balance, cardiorespiratory fitness, muscular strength and endurance. In addition, they will be taught keys to helping clients adhere to nutrition and behavior changes that will improve their overall wellbeing. Upon completion of this class, students will have the option to register for and take the ACSM Personal Trainer Exam through the ACSM's website and testing programs. (Certification is not available at Snow College.)

EXSC 2600 – Introduction to Sports Medicine

Typically Offered: Fall, Spring

Credits: 3

Lecture hours: 2

Lab hours: 1

This course provides a basic introduction to the theory and practice of sports medicine for future athletic trainers, coaches, physical education majors, and pre-physical therapy majors. Sports medicine will be approached systematically through a combination of lectures and hands-on labs stressing injury evaluation and preventative taping methods. Injury rehabilitation and prevention will also be discussed. (Additional fee required)

EXSC 2997 – Exercise Science Internship II

Credits: 1-3

Lecture hours: 1 to 3

This course is designed to provide hands-on experiences in Physical Education. Internships are an opportunity for students to link theory with practice. They are temporary, on-the-job experiences intended to help students identify how their studies in the classroom apply to the Physical Education. Internships are individually arranged by the student in collaboration with a faculty member in the PE Department and a supervisor at the workplace. This course is recommended for Freshman and is repeatable for up to 6 credits, with no more than 3 credits per semester. Additional fees required. Internships are typically pass/fail credits. Students desiring a grade will need to negotiate a contract with significant academic work beyond the actual work experience.