

EXSC 2500 Introduction to Nutrition. This course is designed to provide students with basic knowledge of nutrition as it relates to preparing athletes for practice, training, and game competition. This class will look into the latest technologies available and how to use them in keeping with the Dietary Guidelines for Americans 2 s.h.

EXSC 2600 Strength and Conditioning Theory and Practice. This course is designed to provide students with basic knowledge of physical conditioning and research for many different sports, both individual and team. The class will also examine and implement a multitude of fitness assessments to determine baseline data and training procedures..... 2 s.h

EXSC 3300 Exercise Programs for Special Populations. This course provides a study of the recommended procedures for exercise testing and prescription for special populations, children, youth, elderly and pregnant women. It includes an in-depth analysis of the biological, behavioral and environmental factors that influence initial and continued participation in physical activity 2 s.h.
Pre-Requisite: EXSC 2600

EXSC 3400 Exercise and Nutrition in Chronic Disease. This course will provide knowledge of the evidence-based relationship between exercise, diet patterns and behaviors, and major chronic diseases. Students will obtain an understanding of the epidemiology and pathophysiology of prevailing chronic diseases 2 s.h.
Pre-Requisites: EXSC 2500, EXSC 2600

EXSC 3500 Exercise Training and Performance. This course is designed to further develop the student to an advanced level of theory and practical application in exercise training and performance. Particular emphasis is placed on components of strength training and conditioning including but not limited to aerobic and anaerobic training, speed and agility training, Olympic-style weightlifting, and periodization training 4 s.h.
Pre-Requisite: EXSC 2600

EXSC 3700 Health Fitness Assessment. This course is designed to develop the student’s competency to assess the health and physical fitness of various populations. Emphasis will be placed on fitness appraisal and the development of individualized exercise regimen. Students will critically evaluate the status of their clients’ health and physical fitness, create individualized exercise programs, and implement the programs with measurable objectives. Students will monitor their clients’ progress using outcomes and fitness measures pertinent to the clients’ health and fitness goals. Students will utilize the exercise science laboratory to measure maximal and submaximal graded exercise, cardiorespiratory and muscular fitness, body composition, balance, flexibility, and fundamental movement quality 4 s.h.
Pre-Requisites: EXSC 2500, EXSC 2600

EXSC 3750 Biomechanics. Biomechanics is the study of the neuromuscular and mechanical principles and how they influence human movement. The purpose this course is to introduce students to concepts of mechanics as they apply to human movement, particularly those pertaining to exercise, sport, and physical activity. The student should gain an understanding of the mechanical and anatomical principles that govern human motion and develop the ability to link the structure of the human body with its function from a mechanical perspective 4 s.h.
Pre-Requisite: EXSC 3680

EXSC 3800 Internship/Cooperative Education. For a complete description of Internships and Cooperative Education, see the Off-Campus Internship section under Experiential Learning.

EXCS 4990 Comprehensive Assessment. Undergraduate level. All candidates for a degree from King are required to demonstrate competency in their major field. Students with more than one major must demonstrate competency in each of their major fields. For a B.S. in Exercise Science, all students will create a portfolio of their work as the comprehensive assessment for the program. Students will compile a collection of 5-7 items that reflect competency in the program objectives, current resume, and generic cover letter. Suggested and required inclusion items will be provided. This course is graded pass/fail, and all students must receive a passing grade to graduate. The portfolio serves not only as a final assessment for the program; it also helps graduates capitalize on workplace advancement opportunities 0 s.h.