

EXERCISE SCIENCE - ACADEMICS (EXHS)

EXHS 155 Health and Wellness

(3 Credits, Fall/Spring/Summer)

This course provides an overview of the domains of wellness and the impact of lifestyle choices on all aspects of personal health. The course will explore topics related to nutrition, physical fitness, stress management, substance abuse, healthy relationships, and disease as it relates to morbidity, mortality and prevention. Students will be challenged to critically analyze individual and societal issues and problems that influence psychological, social, and physical well-being, based on relevant natural and social science skills and knowledge. This course is designed to enable students to reflect critically on important issues in health and wellness through an ethical lens. Students will evaluate societal and individual health and wellness decisions through a variety of ethical frameworks. *(This CWI course meets Idaho State Board of Education GEM competency requirements for GEM 6 - Social and Behavioral Ways of Knowing. It has also been E designated and will fulfill the Ethical Reasoning requirement.)* (3 lecture hours, 0 lab hours, 3 credits)

EXHS 200 Introduction to Kinesiology

(2 Credits, Fall)

Introductory investigation into the scientific principles of physical activity, human movement, and exercise as it relates to personal and population health. Topics will include basic exercise physiology, biomechanics, motor behavior, cardiovascular endurance, strength and conditioning, and fitness. Students will also explore various professional career opportunities related to the study of kinesiology. (2 lecture hours, 0 lab hours, 2 credits)

EXHS 201 Cultural, Historical, and Philosophical Foundations of Physical Activity

(3 Credits, Spring)

This course provides a study of sociocultural, historical, and philosophical factors and issues that influence attitudes and practices of physical activity. Students will examine how physical activity and sport have influenced culture and ethical practices from a historical perspective and in modern society. Students will learn how to describe and discuss scholarly work as it relates to history, culture, and philosophy. In addition, students will focus on writing effectively in multiple contexts for a variety of audiences and communicating effectively as a speaker and listener. PREREQ: ENGL 102. (3 lecture hours, 0 lab hours, 3 credits)

EXHS 220 Care and Prevention of Athletic Injuries

(4 Credits, Fall)

This course introduces students to the concepts, skills, and techniques used in the prevention and care of common athletic injuries and illnesses utilizing the guidelines established in the athletic training profession. An emphasis is placed on developing problem solving skills that will foster students' ability to learn the signs and symptoms of common athletic injuries and be able to apply emergency first aid care while following administrative procedures. This course will include a lab component to introduce rehabilitation, training, and taping techniques for injuries related to sports participation. (4 lecture hours, 0 lab hours, 4 credits)

EXHS 243 Applied Kinesiology

(3 Credits, Fall)

This course provides an investigation of the skeletal, articular, muscular, and nervous systems as they relate to the performance and analysis of human movement. Students will learn the clinical implications associated with disease, injury, and age-related changes in the basic anatomical model as they affect the outcome of movement performance. (3 lecture hours, 0 lab hours, 3 credits)

EXHS 270 Motor Learning

(3 Credits, Fall)

Introduction to the theories and principles explaining motor performance and the learning of skilled actions. Emphasis will be placed on biological foundations of motor control, information processing, learning theories, and instructional/training procedures to enhance learning. COREQ: EXHS 270L. *(This CWI course meets Idaho State Board of Education GEM competency requirements for GEM 4 - Scientific Ways of Knowing.)* (3 lecture hours, 0 lab hours, 3 credits)

EXHS 270L Motor Learning Lab

(1 Credit, Fall)

Lab for the Motor Learning course, which is an introduction to the theories and principles explaining motor performance and the learning of skilled actions. Emphasis will be placed on biological foundations of motor control, information processing, learning theories, and instructional/training procedures to enhance learning. COREQ: EXHS 270. *(This CWI course meets Idaho State Board of Education GEM competency requirements for GEM 4 - Scientific Ways of Knowing.)* (0 lecture hours, 2 lab hours, 1 credits)

EXHS 290 Exercise Physiology

(3 Credits, Spring)

This capstone course is designed to equip students with the knowledge, skills, and competence to act as exercise physiologists working with a generally healthy population or those medically cleared for exercise. Throughout this course, students will learn a wide range of topics including exercise prescription principles, changes to human anatomy and physiology with exercise, metabolism and bioenergetics, and principles of behavior change and coaching. Students will also gain practical experience related to healthy fitness management programs and will learn safety techniques and basic sports nutrition. This course includes extensive hands-on time working in the Health and Human Performance Lab in the corequisite lab, EXHS 290L. At the end of the course, students should be prepared to sit for a Certified Personal Trainer examination from many leading groups with minimal additional preparation time. All majors are welcome; however, Exercise Science majors must be in their last two semesters of the program at the time of enrollment as this course serves as the capstone for the degree. PREREQ: PERM/INST. COREQ: EXHS 290L. (3 lecture hours, 0 lab hours, 3 credits)

EXHS 290L Exercise Physiology Lab

(1 Credit, Spring)

Lab for the Exercise Physiology course, which is an introduction to the theories and principles explaining exercise physiology and the learning of field skills. Emphasis will be placed on data collection, analysis, and risk assessment, as well as basic and advanced testing methodology. PREREQ: PERM/INST. COREQ: EXHS 290. (0 lecture hours, 2 lab hours, 1 credits)

Refer to How to Read Course Descriptions for an explanation of elements found in the course descriptions above.