

ES 3700: Strength and Conditioning

3 Credit Hours

Prerequisite: Exercise Science major; BIOL 2251 and ES 2300 .

Corequisite: ES 3750 Strength and Conditioning Laboratory

This course offers students an introduction to scientific and practical foundations associated with strength and conditioning programs. The course content promotes the use of a structured scientific approach in the prescription of progressive resistance training and cardiorespiratory conditioning.

ES 3750: Strength and Conditioning Laboratory

3 Credit Hours

Prerequisite: Exercise Science Major, BIOL 2251, ES 2300.

Corequisite: ES 3700

This laboratory course provides an introduction to techniques commonly associated with instructing strength and conditioning programs. The laboratory content promotes the use of a structured scientific approach in the prescription of progressive resistance training and cardiorespiratory conditioning.

ES 3800: Biomechanics

3 Credit Hours

Prerequisite: Exercise Science major, BIOL 2251 and ES 2300.

This course introduces students to the study of neuromuscular and mechanical principles of motion related to the analysis of human movement.

ES 3900: Physiology of Exercise

3 Credit Hours

Prerequisite: Exercise Science major; BIOL 2252.

This course provides an overview of the human body's responses to the stress of physical exercise. Students are introduced to the metabolic, cardiovascular, pulmonary and neuromuscular adaptations to acute and chronic exercise.

ES 4000: Service Learning in Exercise Science

1-3 Credit Hours

Prerequisite: 60+ semester hours, Exercise Science major and permission of the department chair.

This course offers students a community activity which links learning to life by connecting meaningful community service activities with academic learning, personal growth, and civic responsibility. The community activity is designed with the instructor and approved by the department chair.