

ES 3100: Group Exercise Leadership

3 Credit Hours

Prerequisite: Exercise Science major; BIOL 2251

Concurrent: ES 2200

This course is designed to provide students with leadership skills and experience that directly apply to group exercise programming. Topics include current trends in group exercise, program design and implementation, monitoring exercise, evaluation of existing programs, and administrative considerations.

ES 3105: Lifecycle Nutrition

3 Credit Hours

Prerequisite: Nutritional Science Minor; ES 2500 .

This course is designed to introduce students to the role of nutrition through the different stages of the lifecycle. Physiological and biological changes, and their implications for nutritional factors will be discussed with each stage of life, including preconception, pregnancy, lactation, infancy, childhood, adolescence, adulthood, and older adults (65+).

ES 3200: Research Methodology

3 Credit Hours

Prerequisite: Exercise Science major, STAT 1401, and 60+ credit hours.

This course provides an overview of the research process applied in the study of exercise and health science. Students are introduced to simple experimental design, data gathering techniques, statistical concepts and methods, and research writing.

ES 3300: Food Science

3 Credit Hours

Prerequisite: Nutritional Science Minor; ES 2500.

This course explores engineering, biological, and physical sciences to study the nature of foods, the causes of deterioration, the principles underlying cooking and food processing, and the improvement of food quality for the consuming public. Students acquire a basic theoretical understanding of the chemical and physicochemical principles involved in creating and maintaining desirable food sensory and nutritional properties during food storage, preparation and holding.