

## **ES 2200: Safety Training for Exercise Science**

### **2 Credit Hours**

*Prerequisite: Exercise Science Majors*

The purpose of this course is to provide students with the knowledge and skills necessary for using the Exercise Physiology Laboratory safely. Students will learn and practice the emergency action plan. This course will provide students with the knowledge and skills necessary to help provide a safe environment for athletes when they are participating in sport/exercise and, in an emergency, to help sustain life and minimize the consequences of injury or sudden illness until advanced medical help arrives. Students will have an opportunity to become certified in First Aid and CPR/AED for the Professional.

## **ES 2290: Special Topics**

### **1-3 Credit Hours**

This course includes select physical activity units not regularly offered through the Department of ESSM.

## **ES 2300: Medical Terminology**

### **2 Credit Hours**

*Prerequisite: Exercise Science Major, Exercise Science Interest, Public Health Education Interest, Public Health Education Major, Biomedical Engineering Minor, or Integrated Health Science Major.*

*Concurrent: BIOL 2251 or HPAL 2250*

This course will cover the basic techniques for anatomical, physiological, and medical word-building. The course will teach a systematic approach to defining general medical terms and terms for pathological disorders by dividing them into word roots, combining forms and prefixes.

## **ES 2500: Principles of Nutrition**

### **3 Credit Hours**

*Prerequisite: Exercise Science Interest/ Major, or Public Health Education Interest/ Major, or Sport Management Major, or Integrated Health Science Major, or Nutritional Science Minor*

This course is designed to introduce students to the basic principle of nutrition as needed for general health. Topics include the role of diet in the development and prevention of chronic diseases, such as cardiovascular disease, cancer, diabetes, etc.; macro- and micro-nutrient needs for optimum health; U.S. dietary guidelines (and international equivalents); tools to assist with menu planning; and dietary analysis.