

ES 3398: Internship in Exercise Science

1-3 Credit Hours

Prerequisite: Exercise Science major and approval of the department chair

This course offers students a supervised, credit-earning experience of one academic semester with a previously approved business firm, sport organization, private agency or governmental agency. Students must have current professional liability insurance and CPR/AED certification. Credit may be placed in the elective areas.

Notes: S/U grading only. Repeatable once.

ES 3420: Food and Culture

3 Credit Hours

Prerequisite: Nutritional Science Minor; ES 2500.

This course explores how food behaviors are influenced by geography, nationality, social class, history and religion. Students will evaluate food systems at local and global levels, focusing on how food is produced, transformed, distributed, consumed, and how food waste is managed. Students will also explore sustainable food practices and what certain cultures are doing to minimize food production's negative impact on climate change.

ES 3500: Nutritional Assessment

3 Credit Hours

Prerequisite: Nutritional Science Minor; ES 3105.

This course provides a comprehensive introduction to the dietary, biochemical, and anthropometric methods used in assessing nutritional status for individuals and groups. This course also includes the study of medical terminology, counseling techniques, and approaches to determining nutrient requirements.

ES 3600: Health Fitness Management

3 Credit Hours

Prerequisite: Exercise Science major; BIOL 2251 and ES 2200 .

This course provides an introduction to the professional standards and guidelines that assist a health and fitness facility with providing quality service and program offerings in a safe environment. Course content will include an overview of risk management and emergency policies, operating practices, facility design and construction, equipment concerns and signage issues related to health and fitness facilities.