

# **COURSE OUTLINE**

## **EXSC-101 Introduction to Exercise Science 1 Semester Hour**

### **HOWARD COMMUNITY COLLEGE**

#### **Description**

This course is designed to provide the student with an overview of individual academic subdisciplines of Exercise Science. The development of Exercise Science as an academic discipline and the relationship between the subdisciplines will be discussed. Career opportunities in the exercise field will be examined. (1 hour weekly)

#### **Overall Course Objectives**

Upon completion of this course the student will be able to:

1. Identify the sub-disciplines of exercise science.
2. Describe the relationship between the sub-disciplines of exercise science.
3. Explain how each subdiscipline integrates into exercise science.
4. Compare and contrast the roles of humanities/cultural studies in the exercise sciences with those of the biological and physical sciences in studying exercise.
5. Identify the role professional organizations play in the various exercise science careers.
6. Explain the difference between certification and licensure.
7. Describe career paths and employment opportunities within exercise science.

#### **Major Topics**

- I. The Emergence of Exercise Science
- II. Exercise and Society
- III. Professional Organizations
- IV. Exercise Science and Fitness Certifications
- V. Job Activities and Employment
- VI. Management and Marketing
- VII. Exercise Physiology
- VIII. Sports Nutrition
- IX. Physical Activity Epidemiology
- X. Clinical Exercise Physiology
- XI. Clinical and Sports Biomechanics
- XII. Athletic Training

- XIII. Exercise and Sports Psychology
- XIV. Motor Behavior
- XV. Sports History
- XVI. Sports Sociology

### **Course Requirements**

**Grading/exams:** Grading procedures will be determined by the individual faculty member but will include the following:

- Attendance
- Participation
- Written quizzes and cumulative final
- Written assignments

**Writing:** Specific writing assignments will be determined by the individual faculty member.

### **Other Course Information**

Meets college definition for Interdisciplinary and Emerging Issues.