EXHS 111  Introduction to Exercise and Health Science  (4)
In this course, students will be introduced to the discipline of exercise science and its application to health science, sport and physical activity. Students will examine a wide range of exercise science topics, including professionalism, ethics, certification and licensure, career opportunities, evidence-based practice and foundational concepts of various subdisciplines. Fall and Spring.

EXHS 202  Sport Psychology  (2)
This course will introduce students to sport psychology as a science in which the principles of psychology are applied in a sport or exercise setting, particularly to enhance performance. A-F grading only. Fall and Spring.

EXHS 203  Coaching Methods  (2)
In this course students will learn best practices for coaching and teaching sport skills, as well as creating effective practice plans. Students will practice analyzing exercise and sport techniques, identifying errors, and providing effective feedback. Students enrolled in this course will actively participate in coaching sessions with peers. A-F grading only. Fall and Spring.

EXHS 204  Sport Nutrition  (2)
In this course students will discuss and apply the role of various nutrients in sport performance and body composition for athletes. Issues related to drug and supplement use as well as their legality and effects on performance will also be addressed. A-F grading only. Fall and Spring.

EXHS 205  Sport Administration  (2)
This course will explore concepts related to planning, organizing, directing, controlling, budgeting, leading, and evaluating athletic programs. Issues related to risk and team management will be discussed and evaluated. Students will develop a coaching philosophy and a foundational understanding of the legal duties related to coaching. A-F grading only. Fall and Spring.

EXHS 215  Introduction to Sport and Exercise Research  (2)
This course is intended to demystify the process of research and to provide students an opportunity to practice and develop their inquiry and analysis skills. In this course students will learn to find, read, evaluate, use, conduct, and write exercise and sport related research. Ethical issues relative to research, particularly research involving human subjects, will also be examined and discussed. Prerequisite: SO, JN or SR standing.  Fall.

EXHS 220  Sport Identity: Privilege & Power (4)
This course examines personal identity and how it intersects/interacts with cultural and gender roles related to sport experiences. Students will understand that sport serves as a lens that reflects and defines societal roles, beliefs and values. Historical, political and economic views/events will be compared/contrasted with contemporary American sport culture. Underrepresented ethnic groups, physical abilities and gender identity will be discussed in relation to sport representation/power. Intercultural communication and personal bias regarding others will also be discussed. Students will learn to discuss, collaborate with peers and orally present well-researched course related topics to the larger class. Fall.

EXHS 230  Sports Injury Management I  (2)
In the context of preparing students to become effective, athlete-centered athletic coaches, part one of the two course sequence provides a foundation for best practices in preparation for, and prevention, recognition, and care of, sports related emergency situations. The skills taught in this course do not replace professional medical help but offer guidelines and techniques for recognizing and managing emergency conditions until advanced medical help arrives. Fall and Spring. A-F grading only.

EXHS 231  Sports Injury Management II  (2)
In the context of preparing students to become effective, athlete-centered athletic coaches, part two of the course sequence provides a foundation for best practices in the prevention, recognition, and care of sports related bone, muscle, and joint injuries, including the role of the coach in designing and implementing conditioning programs to help prevent athletic injuries. The skills taught in this course do not replace professional medical help but offer guidelines and techniques for recognizing and managing bone, muscle, and joint injuries until advanced medical care is provided. Prerequisite: EXHS/ESSS 230. Fall and Spring. A-F grading only.

EXHS 258  Human Anatomy and Physiology for Exercise Science  (4)
This course is primarily a lecture course covering fundamental human anatomy and physiology concepts with emphasis placed on the muscular, skeletal, cardiovascular, respiratory, metabolic, endocrine, and nervous systems. This course is designed to emphasize selected concepts necessary to the study of human movement, athletic performance, and athletic injuries. Spring.

EXHS 271  Independent study  (0-4)
Supervised reading or research at the lower-division level. Approval of department chair required. Not available to firstyear students.
EXHS 273  Health and Fitness (4)
In this course, students will discuss and apply foundational concepts of exercise and fitness, chronic disease prevention and management, and wellness. Students will learn about the biological and psychosocial dimensions of gender and how these dimensions influence exercise behavior, general health, and chronic disease risk/management. Issues of race, class, ethnicity, and sexuality will also be discussed in relation to course concepts. Students will apply course concepts in designing individualized exercise programs. In the laboratory portion of the course, students assess their own fitness status using health screening and risk appraisal tools, traditional field tests to assess physiological abilities, and common methods to assess body composition. Prerequisites: EXHS/ESSS 258 or BIOL 201 or BIOL 216 or BIOL 221. Fall.

EXHS 299  Research Practicum (1-4)
The student will work jointly with a faculty member in conducting a faculty-designed research project. The course is repeatable for a maximum of four total credits in the department. Prerequisite: Permission of instructor.

EXHS 306  Kinesiology (4)
In this course, students will integrate and apply fundamental anatomical, physiological and biomechanical concepts to understand and describe human movement. Students will use analytical skills to evaluate human movement, including complex movements such as walking. The laboratory component of the course will emphasize critical thinking and problem-solving skills through the qualitative and quantitative assessment of human movement. Prerequisites: EXHS/ESSS 258 or BIOL 325 (may be taken concurrently); completion of the Common Curriculum math requirement. Recommended: PHYS 105 or 191. Fall.

EXHS 307  Advanced Injury Assessment (2)
In this course, students will learn and apply fundamental theoretical and practical concepts relative to assessing and managing common athletic injuries, primarily of the extremities. Students will develop critical thinking skills by identifying injuries based on relevant signs/symptoms and by identifying management strategies based on the nature of the injury. Students will also learn to effectively communicate through written SOAP notes. Prerequisites: EXHS/ESSS 258 or BIOL 325. Fall.

EXHS 308  Exercise Physiology (4)
In this course students will advance their understanding of the human body's physiological response to exercise. Topics include acute responses and chronic adaptations of the muscular, cardiovascular, respiratory, endocrine, and bioenergetics systems to exercise induced stress. Environmental influences on performance and sex differences will also be explored. In the laboratory portion of the course students will practice the scientific method by assessing physiological capacities using the laboratory assessment methods. Prerequisites: EXHS/ESSS 273; [EXHS/ESSS 258 or BIOL 216 or BIOL 325]; [MATH 118 or MATH 119 or MATH 124 or PSYC 221 or SOCI 201]. Spring.

EXHS 310  Principles of Strength Training and Conditioning (4)
Students will develop a functional understanding of exercise science as it applies to strength training and conditioning. Exercise science concepts and principles will be applied to assess human performance, and to design evidence-based exercise programs. In the laboratory portion of the course, students will develop a practical understanding of the principles of test selection and administration, and the principles used to effectively instruct physically active individuals in safe and effective exercise technique. Prerequisites: EXHS/ESSS 258 or BIOL 216 or BIOL 325. Spring.

EXHS 316  Research Methods (2)
Students will learn about different types of research and experimental designs in the fields of exercise science and health. Emphasis is placed on the elements of research leading up to data collection, including critical consumption of scholarly information, developing a research question, conducting a literature review, and completing a research proposal. The role of the Institutional Review Board in protecting the rights of human subjects will also be discussed. Prerequisites: (MATH 124 or PSYC 221 or SOCI 201) and (EXHS/ESSS 306 or EXHS/ESSS 308 or NUTR 330 or NUTR 331). A-F grading only. Spring.

EXHS 320  Gender and Sport (2)
This course examines the role gender played and continues to play in shaping sport in society. Students will examine topics such as Title IX, gender and social context, and the representation of athletes in the media. This course will count towards the Gender Studies major. A-F grading only. Spring.

EXHS 321  Culture and Sport (2)
This course examines sport and its cultural implications. Students will understand that sport serves as a cultural lens that reflects and defines cultural beliefs and values. Historical, political and economic views will be studied along with fandom and youth sport models. Students will learn about their own personal culture, sub-cultures and in depth information about a local culture. This course has a 20 hour service learning requirement that can be fulfilled throughout the entire semester. A-F grading only. Fall.
EXHS 390  Sport Ethics  (4)
This course introduces students to a variety of theories of moral reasoning, ethical and unethical behavior in sport, and the development of moral education through sport. Students will engage in learning about how they should act in order to support the moral foundation necessary for sport to function effectively, while examining actions that would be considered just or unjust. Students will wrestle with questions such as "how should I act" or "what type of an athlete, coach, official, manager, fan or parent should I be" through readings and discussions. Decision-making models based on moral reasoning theory and other principles of strategic reasoning will be employed as students navigate case studies and issues related to sport. This course has a required 20 hour Service Learning component. Prerequisite: Junior or Senior status. Fall and Spring.

EXHS 395  Research Seminar I  (1)
Students in this course will continue the work they began in ESSS 316 Research Methods, including finalizing research proposals and applying for Institutional Review Board review, if necessary. Students will pilot their procedures and begin data collections for their research projects. Students will communicate their ideas, challenges, and progress to class colleagues throughout the semester. Throughout the research process students will be asked to reflect upon the process, on how their project has integrated their previous coursework, and how performing research has changed their perspectives on health and human performance. Offered for A-F grading only. Prerequisites: EXHS/ESSS 316.

EXHS 396  Research Seminar II  (1)
Students on this course will continue the data collection process for research projects started in ESSS 395. Students will communicate their ideas and progress to class colleagues. After data collections, students will analyze data and interpret the results. Conclusions will be drawn from the results and the final projects will be presented on or off campus. Throughout the research process students will be asked to reflect upon the process, on how their project has integrated their previous coursework, and how performing research has changed their perspectives on health and human performance. Prerequisites: EXHS/ESSS 395 Note: Students must take 395 and 396 for EL designation. EL remains on 396. A-F grading only. Fall.

EXHS 397  Internship  (1-4)
Internship in an approved setting. Work experience in a health, sport, or exercise related field supervised by agency personnel and faculty moderator. All internships need to be planned with the CSB/SJU internship office one semester prior to work experience. Offered for S/U grading only.

EXHS XXXA  Assessment of Student Learning  (0)
This course is designed to assess the students' experiences associated with the Exercise Science and Sport Studies minor and to assist in the assessment of the overall program. The assessment methods will include, but is not limited to, a survey regarding the quality of the program. This course is to be completed in the student's final semester prior to graduation. S/U grading only.