

Exercise and Sports Science

Two-Year Rotation

Course #	Course Name	Frequency of Offering
EXSS 1000	Health & Fitness	Fall, Winter, Spring, Summer (also offered online)
EXSS 1010	Basketball	offered once every two years
EXSS 1011	Intro to Exercise Science	Fall, Spring
EXSS 1060	Badminton	offered less than once every two years
EXSS 1170	Intro to Mountain Hiking	offered less than once every two years
EXSS 1180	Backpacking	offered less than once every two years
EXSS 1280	Orienteering	offered less than once every two years
EXSS 1300	Recreational Sports	offered less than once every two years
EXSS 1400	Jogging: Theory and Practice	offered once every two years
EXSS 1440	Fitness Training	offered once every year
EXSS 1450	Weight Training for Athletes	Fall
EXSS 1460	Standard First Aid/Adult CPR/AED	Fall, Spring
EXSS 1470	Techniques of Road Racing	offered less than once every two years
EXSS 1490	Stress Management	Offered once every two years
EXSS 1500	Lifeguarding	offered less than once every two years
EXSS 1510	Consumer Health	offered less than once every two years
EXSS 1520	Diet, Exercise, and Weight Control	offered less than once every two years
EXSS 2023	Intro to Sports Medicine	Spring
EXSS 2050	Functional Anatomy	Fall, Spring
EXSS 2060	Exercise, Nutrition, and Heart Disease	offered less than once every two years
EXSS 2065	Introduction to Research in Exercise Science	Fall
EXSS 2071	Exercise Physiology I	Fall, Summer
EXSS 2072	Exercise Physiology II	Spring, Summer
EXSS 2300	Nutrition in Exercise and Sport	Fall, Spring
EXSS 2400	Health Promotion	offered less than once every two years
EXSS 2500	Human Motor Development	offered less than once every two years
EXSS 2660	Psychology of Sport and Exercise	Fall
EXSS 3000	Applied Nutrition	Fall

EXSS 3001	Assessments for Strength & Conditioning	offered less than once every two years
EXSS 3011	Practicum in Strength & Conditioning 1-a	offered less than once every two years
EXSS 3012	Practicum in Strength & Conditioning	Fall, Spring
EXSS 3050	Adaptations	offered less than once every two years
EXSS 3120	Scientific Foundations of Strength Training and Conditioning	Fall, Spring
EXSS 3130	Apprenticeship	as needed, special scheduling
EXSS 3450	Exercise Testing and Prescription	Fall, Spring
EXSS 3600	Exercise Response and Adaptations in Special Populations	Fall, Spring
EXSS 4000	Fundamentals of Coaching	offered less than once every two years
EXSS 4002	Practicum in Strength & Conditioning 2-a	offered less than once every two years
EXSS 4003	Practicum in Strength & Conditioning 2-b	offered less than once every two years
EXSS 4005	Biomechanics and Motor Control of Human Movement	Fall, Spring
EXSS 4010	Recreational Leadership	offered less than once every two years
EXSS 4040	Fitness Management	Fall, Spring
EXSS 4045	Cardiovascular and Electrophysiology	Fall, Spring
EXSS 4060	Outdoor Education	offered less than once every two years
EXSS 4110	Programs in Recreation	offered less than once every two years
EXSS 4200	Professional and Career Development	Fall, Spring
EXSS 4900	Independent Study	as needed, special scheduling
EXSS 4950	Internship	Fall, Spring, Summer
EXSS 4975	Directed Study	as needed, special scheduling