

# EXERCISE SCI AND SPORTS STUDIES (ESSS)

## Exercise Sci and Sports Studies (ESSS) 101

### Personal Trainer Preparation

This course introduces the knowledge and skills necessary to practice as a certified personal trainer for a variety of client populations, including the foundations of client interaction, the assessment of physiological, functional, and biomechanical aspects of human movement in the individual, and the design and supervision of strength and aerobic individual and group exercise programs. Writing assignments, as appropriate to the discipline, are part of the course.

*Eligibility for ENGLISH 101 based on prior coursework or appropriate score on Placement Test; or Consent of Department Chair*

2 Laboratory hours. 3 Lecture hours. 4 Credit Hours.

**Offered At:** MX

## Exercise Sci and Sports Studies (ESSS) 102

### Personal Trainer Practicum

The purpose of this course is to provide practical experience for students enrolled in the personal fitness trainer program. The practicum experience is focused on the application and synthesis of the knowledge base skills of a personal trainer in a supervised commercial, community or clinical fitness setting in order to actively engage individuals of various ages and functional abilities. The course includes a campus-based lecture series that provides review and supplemental knowledge of the personal training profession.

*Eligibility for ENGLISH 101 based on prior coursework or appropriate score on Placement Test; or Consent of Department Chair*

5 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

## Exercise Sci and Sports Studies (ESSS) 103

### Allied Health Clinical Skills

Course Catalog Description: This course serves as an introduction to rehabilitation professions, the basic concepts governing rehabilitation practice, and skills performed by a rehabilitation aide. Course work includes orientation to various practice settings and scope of practice for a rehabilitation aide. This includes education and training, communication, patient care, basic medical terminology, mobility, assistive devices, activities of daily living, adaptive equipment, and therapeutic exercise. Completion of this course will give the student the skills to work as a rehabilitation aide under the supervision of a physical or occupational therapist or a physical therapist or occupational therapist assistant in a variety of practice settings including hospitals, skilled nursing facilities, inpatient/outpatient rehabilitation centers, and home care. Writing assignments, as appropriate to the discipline, are part of this course.

*Eligibility for ENGLISH 101 based on prior coursework or appropriate score on Placement Test; or Consent of Department Chair*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

## Exercise Sci and Sports Studies (ESSS) 112

### Functional Anatomy & Kinesiology

This course provides an organized study of human anatomy and kinesiology, the study of human movement. A working knowledge of both human anatomy and kinesiology are fundamental to student success in programs within the Exercise Science and Sports Studies (ESSS) department. Emphasis is placed on the integration of structure and function of the skeletal, articular, muscular, nervous, and circulatory systems. Upon completion, students should be able to identify skeletal anatomy including bony landmarks and muscular anatomy including origins, insertions, nerve innervations, vascular supply, and action. The concepts of locomotion, biomechanics, forces and levers will be introduced and how these apply to functional movement. Writing assignments, as appropriate to the discipline, are part of the course.

*Eligibility for ENGLISH 101 based on prior coursework or appropriate score on Placement Test; or Consent of Department Chair*

6 Laboratory hours. 2 Lecture hours. 5 Credit Hours.

**Offered At:** MX

## Exercise Sci and Sports Studies (ESSS) 206

### Sports First Aid

This course will introduce students to the proper protocols to follow to prevent injuries and to administer sports first aid. Students will learn how to perform physical assessment, conduct emergency actions steps, and administer first aid. Topics presented will include control of bleeding, treatment for tissue damage, and unstable injuries, moving injured athletes and returning athletes to play. Successful completion of the course leads to partial certification through the American Sports Education Program (ASEP) Professional Education Program. Writing assignments, as appropriate to the discipline, are part of the course.

*Grade of C or better in ESSS 101, or Consent of Department Chairperson.*

2 Lecture hours. 2 Credit Hours.

**Offered At:** MX

## Exercise Sci and Sports Studies (ESSS) 209

### Corrective Exercise Training

This course will present an evidence-based approach to corrective exercise, the components of a comprehensive solution, and the practical know-how to develop and implement integrated strategies to improve common movement impairments. Students completing this course will be prepared to take the National Academy of Sports Medicine (NASM) Corrective Exercise Specialist credentialing examination. Writing assignments, as appropriate to the discipline, are part of the course.

*Grade of C or better in ESSS 102 and ESSS 110, or Consent of Department Chairperson.*

2 Laboratory hours. 1 Lecture hours. 2 Credit Hours.

**Offered At:** MX

**Exercise Sci and Sports Studies (ESSS) 214**

**Exercise and Health Psychology**

This course presents an overview of psychological, and social aspects as related to health promotion, health compromising and enhancing behaviors, stress management, coping strategies, coping with disease, coping with injury, the influence of social and physical environments on health, cognitive process of health information, health belief models, and models for behavior change. Writing assignments, as appropriate to the discipline are part of the course.

*Grade of C or better in ENGLISH 101, or Consent of Department Chairperson.*

3 Lecture hours. 3 Credit Hours.

**Offered At:** MX