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LaGrange College

Course Catalog - Exercise Science

B.S. in Exercise Science with Allied Health Concentration - B.S. in Exercise Science with Allied Health Concentration

Type:Major

Declaration of Major

Before declaring a major in Exercise Science, students must successfully complete Anatomy and Physiology (BIOL 2148 and 2149 with labs) with a C- or better. Students must declare their major or minor in Exercise Science before taking 4000 level courses.

Exercise Science General Education Courses

In addition to completing the Ethos requirements, students pursuing a major in Exercise Science must complete the following courses regardless of concentration within the major (i.e. Allied Health or Sport and Human Performance).

Sem. Hrs.

46 CORE requirements or 44 ETHOS requirements

(8) BIOL2148 and 2149 and Labs

*(part of the CORE and ETHOS curriculum)

3 MATH 1114 Statistics

3 EXCS 2000 Intro to Exercise Science

3 EXCS 3305 Sports Psychology

4 EXCS 3352/L Physiology of Exercise and Lab

- 3 EXCS 3354 Applied Exercise Anatomy
- 3 EXCS 3360 Motor Learning and Control
- 3 EXCS 4310 Biomechanics
- 4 EXCS 4320/L Exercise Prescription and Lab
- 3 EXCS 4325 Exercise and Sports Nutrition
- 3 EXCS 4360 Research in Exercise Science
- 2 EXCS 4380 Senior Seminar
- 3 EXCS 4400 Academic Internship
- 37 Semester Hours (in addition to the CORE or ETHOS curriculum)

Allied Health Concentration

The Allied Health concentration is designed to prepare students for post-professional school in physical therapy, occupational therapy, physician assistant, and chiropractic, among others. With their academic advisor, students will create a specialized course plan designed to best prepare students and meet all of the pre-requisite coursework for a given pre-professional school in the allied health field of their choosing. Students in this concentration must pass all three of the courses listed below with minimum grade of "C-". Due to the diverse prerequisite requirements of many post-professional programs, students will need to complete additional coursework prior to completing the application process. Students are responsible for identifying the prerequisite requirements for each post-professional program to which they intend to apply. An academic advisor will be available to assist students in successfully completing this process.

- 4 CHEM1101/L General Chemistry I
- 4 CHEM 1102/L General Chemistry II
- 4 BIOL 1107/L Principles of Biology I

49 Major Hours (37 Exercise Science core + 12 Allied Health electives)

General Education Requirements	46 Hours (CORE) or 44 Hours (ETHOS)
Interim	9 Hours
Exercise Science Core	37 Hours
Allied Health Electives	12 Hours
General Electives	<u>16 Hours</u>
Total	120 Hours

B.S. in Exercise Science with Sport and Human Performance Concentration - B.S. in Exercise Science with Sport and Human Performance Concentration

Type:Major

Declaration of Major

Before declaring a major in Exercise Science, students must successfully complete Anatomy and Physiology (BIOL 2148 and 2149 with labs) with a C- or better. Students must declare their major or minor in Exercise Science before taking 4000 level courses.

Exercise Science General Education Courses

In addition to completing the Ethos requirements, students pursuing a major in Exercise Science must complete the following courses regardless of concentration within the major (i.e. Allied Health or Sport and Human Performance).

Sem. Hrs.

46 CORE requirements or 44 ETHOS requirements

(8) BIOL2148 and 2149 and Labs

*(part of the CORE and ETHOS curriculum)

3	MATH 1114	Statistics
3	EXCS 2000	Intro to Exercise Science
3	EXCS 3305	Sports Psychology
4	EXCS 3352/L	Physiology of Exercise and Lab
3	EXCS 3354	Applied Exercise Anatomy
3	EXCS 3360	Motor Learning and Control
3	EXCS 4310	Biomechanics
4	EXCS 4320/L	Exercise Prescription and Lab
3	EXCS 4325	Exercise and Sports Nutrition
3	EXCS 4360	Research in Exercise Science
2	EXCS 4380	Senior Seminar
3	EXCS 4400	Academic Internship
37	Semester Hours (in addition to the CORE or ETHOS curriculum)	

Sport and Human Performance

The Sport and Human Performance concentration is designed to prepare students for careers in coaching and the fitness/health industry. These courses are designed to apply theories and concepts in Exercise Science as they pertain to Sport and Human Performance practitioners. Students in this concentration must pass all three of the courses listed below with minimum grade of "C-". Students in the Allied Health concentration are also eligible and free to take any of these courses.

- 3 EXCS 4311 Principles of Strength and Conditioning
- 3 EXCS 4312 Theory and Principles of Athletic Conditioning
- 2 EXCS 4330 Techniques in Human Performance Assessment

45 Major Hours (37 Exercise Science core + 8 Sport and Human Performance electives)

Optional Exercise Science Elective Courses

- 3 CHEM 1005 Survey of Chemistry (or CHEM 1101/L)
- 3 EXCS 1154 First Aid: Responding to Emergencies
- 3 EXCS 2311 Survey of Strength & Conditioning
- 3 EXCS 2331 Personal Health Issues
- 3 EXCS 3310 Coaching Theory & Methods
- 3 EXCS 3332 Prevention and Care of Athletic Injuries

Optional non-Exercise Science elective courses

- 3 MGMT 2200 Foundations of Business
- 3 MGMT 3360 Sport Management
- 3 PSYC 3358 Psychology of Aging
- 3 SOCI 2200 Sociology of Sport

General Education Requirements	46 Hours (CORE) or 44 Hours ETHOS
Interim	9 Hours
Exercise Science Core	37 Hours
S&H Performance Electives	8 Hours
General Electives	<u>20 Hours</u>
Total	120 Hours

Minor in Exercise Science - Minor in Exercise Science

Type: Minor

Before declaring a minor in Exercise Science, students must successfully complete Anatomy and Physiology (BIOL 2148 and 2149 with labs) with a C- or better. In addition to the laboratory science requirement of the Core Curriculum, students pursuing a minor in Exercise Science are required to take five (5) additional EXCS courses. The following four (4) Exercise Science core courses are required for the minor:

- EXCS 3352/L,
- EXCS 3354,
- EXCS 3360, and
- EXCS 4310.

The remaining course can be any of the upper-level Exercise Science courses (3000 or 4000 level courses), however, EXCS 3305, 3313, 3333, 3334, and 4400 do not satisfy this requirement. This represents 16-17 credit hours of coursework in addition to the Core Curriculum (24-25 total credit hours).

EXCS 1154 - First Aid: Responding to Emergencies

This course focuses on the identification of emergency situations and selection of correct response. Certification in American Red Cross standard first aid and adult, child, and infant rescue breathing and cardiopulmonary resuscitation is earned upon successful completion of the course.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 2000 - Introduction to Exercise Science

This course is an introduction to the various sub-disciplines of exercise science including, exercise physiology, biomechanics, exercise and sport psychology, and motor behavior and control. Career and graduate school opportunities and preparations will be discussed.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Fall and Spring Terms

EXCS 2251 - Introduction to Physical Education

A survey course of the career choices available in physical education. The students will have opportunities to talk with and observe professionals in various sub-specializations.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered on Demand
-

EXCS 2311 - Survey of Strength & Conditioning

This course focuses on the examination of proper techniques, concepts, and applications of strength and conditioning principles. Nutritional principles as are related to athletic performance also are discussed.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 2331 - Personal Health Issues

This course allows students to explore basic health issues and principles in depth. Topics include fitness, diet and weight control, nutrition, human sexuality, stress management, death education, aging, and drug and alcohol education.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 3305 - Sports Psychology

A study of human behavior in the context of the sporting experience and how performance is affected by the interactions of the coach, athletes, and the environment. Emphasis is on motivation, personality, attributions, disengagement from sport, aggression, leadership, and communication patterns.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Restrictions:

- Offered in Spring Terms
 - Prerequisite: PSYC 1101
-

EXCS 3310 - Coaching Theory and Methods

Theories and principles pertaining to effective coaching of amateur and experts athletes. Emphasis is placed on examining and discussing concepts related to successful leadership, leading with a purpose, and creating positive learning/performance environments.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Restrictions:

- Offered in Fall Term
-

EXCS 3313 - Leadership in Physical Education and Athletics

A study of the leadership skills necessary to implement and conduct physical activity programs and functions.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Restrictions:

- Offered on Demand
-

EXCS 3332 - Prevention and Care of Athletic Injuries/Illnesses

This course focuses on common injuries and illnesses occurring in athletics. Topics include, but are not limited to, heat exhaustion, heat stroke, abdominal injuries, injury management, emergency triage, anatomical instability, blood borne pathogens, and mechanics of injury.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Prerequisites:

- [BIOL 2148](#) - Human Anatomy and Physiology I

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 3333 - Yoga for Wellness

A study of the effects that yoga has on all aspects of the human body, including physical, mental, and spiritual. Topics will include breathing techniques, asanas, fasting, meditation, and different disciplines of yoga.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 3334 - Advanced Yoga

This advanced course will build on the foundation that the “Yoga for Wellness” course established. “Advanced Yoga ” will emphasize mental focus, body organization, alignment, technique, and core development. This advanced yoga course with martial arts training is designed to bring the student eye to eye with their greatest obstacles, which are perceived physical and mental limitations. This course is one pathway to cultivating the mind/body clarity and power that leads to developing the will.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Fall and Spring Terms
-

EXCS 3354 - Applied Exercise Anatomy

This course provides an investigation of the human skeletal and neuromuscular systems as they relate to exercise performance. Emphasis is on the application of gross human anatomy to exercise movements.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [BIOL 2148](#) - Human Anatomy and Physiology I

Restrictions:

- Offered in Fall terms
-

EXCS 3360 - Motor Behavior and Control

This course is a study of how individuals learn and perform motor skill with special emphasis on mental and psychological aspects of learning and practical applications to teaching and coaching. The control of movement considering inputs from the neurosensory system is included.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall terms
 - Must be of junior or senior standing
-

EXCS 4310 - Biomechanics

This course provides a study of the material properties of musculoskeletal tissues. In addition, the effects of the internal and external forces acting on the tissues will be examined. The effects of external forces on human movement will be explored.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [EXCS 3354](#) - Applied Exercise Anatomy

Restrictions:

- Offered in Spring terms
-

EXCS 4311 - Principles of Strength & Conditioning

This course is designed for Exercise Science students requiring knowledge and practical experience in strength and conditioning. This course will prepare you to demonstrate and teach weight training exercises, perform a needs assessment of a sport or athlete, program a periodized training plan for a sport or athlete addressing all aspects of training including strength, conditioning, and flexibility.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Restrictions:

- Offered in Fall terms
 - Prerequisites: EXCS 3352, 3352L or permission of instructor
-

EXCS 4312 - Theories and Principles of Athletic Conditioning

This course focuses on research based training principles involved in athlete development and their application to both well established and more recent theoretical concepts. Discussions will focus on the practicality, feasibility, and the legitimacy of theoretical concepts. Concepts may include periodization, athlete monitoring methods, training techniques, training equipment and current trends in the training and fitness industry.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Prerequisites:

- [EXCS 4311](#) - Principles of Strength & Conditioning

Restrictions:

- Offered in Spring terms
-

EXCS 4325 - Exercise and Sports Nutrition

This class studies the nutritional needs of strength, endurance and team sport athletes. Recommendations for carbohydrate, fat, and protein feeding will be covered. Aspects of nutrient timing relative to activity will be addressed. Strategies for hydration will be discussed. Information about sport supplements will be presented as will issues surrounding eating disorder and consequences in athletes.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Prerequisites:

- [CHEM 1005](#) - Survey of Chemistry
- [CHEM 1101](#) - General Chemistry I

Restrictions:

- Offered in Spring terms
-

EXCS 4330 - Techniques in Human Performance Assessment

This course introduces procedures and protocols for laboratory and field tests used in assessing athlete conditioning. Tests for muscular strength and power, agility, speed, anaerobic capacity, lactate threshold, aerobic capacity, and other physiological measures will be addressed. Sport specific tests also will be covered. Test protocols, procedures, and interpretation will be covered with practical application.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Fall terms
 - Prerequisites: EXCS 3352, 3352L, and 4310 or permission of instructor
-

EXCS 4360 - Introduction to Research in Exercise Science

This course examines current research trends in exercise science and addresses the research process in kinesiology. Emphasis is on learning techniques of research in the exercise sciences and the professional presentation of research and related aspects.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Prerequisites:

- [MATH 1114](#) - Introduction to Statistics

Restrictions:

- Offered in Fall terms
 - Co-requisites: Senior standing or permission of instructor
-

EXCS 4380 - Senior Seminar Exercise Science

This course is designed to build upon all experiences from previous exercise science courses and prepare students for placement after graduation. As this course serves as a culmination of previous EXCS courses, it should not be taken until the senior year. Coursework will be focused around exercise science career preparation and possible certification exam preparation.

Grade Basis: AL

Credit hours: 2.0

Lecture hours: 2.0

Restrictions:

- Offered in Spring terms
 - Prerequisites: Declared Major and Senior Standing
-

EXCS 4400 - Internship

An opportunity for students to gain added applied experience and insight in approved off-campus settings. Internships consist of a minimum of 120 hours (per 3 credits) of work in areas such as physical and/or occupational therapy offices, health clinics, fitness gyms, coaching assignments, etc. Assignments may also include selected readings, public presentation, and a final portfolio containing essays, weekly journal, and supporting material. The internship must first be discussed with the student's advisor prior to beginning the internship. Information from this meeting will then be transferred to the Career Development Center for placement. The application process is unique to each facility.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered in Fall, Interim, Spring, and Summer Terms
 - Internship can count as 3-6 credit hours
-

EXCS 4495 - Independent Study I

This course allows students to pursue a special problem or topic beyond those encountered in any formal course.

Grade Basis: AL

Credit hours: 3.0

Lecture hours: 3.0

Restrictions:

- Offered on Demand
 - Prerequisites are determined by Instructor
 - Credits Vary
-

EXCS 4496 - Independent Study II

This course allows students to pursue a second special problem or topic beyond those encountered in any formal course.

Grade Basis: AL
Credit hours: 3.0
Lecture hours: 3.0

Restrictions:

- Offered on Demand
 - Prerequisites are determined by Instructor
 - Credits Vary
-

PEDU 1102 - Beginning Archery

Basic competencies in archery techniques and safety with experiences in target shooting.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1103 - Badminton

Introduction to the skills, strategies, and rules of badminton.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1104 - Basketball

Basic competencies in the techniques, strategies, and rules of basketball.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1105 - Jogging

Participation in progressive running programs designed to increase cardiovascular endurance.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1106 - Touch Rugby

Introduction to the skills, strategies, and rules of touch rugby.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1108 - Physical Conditioning

Basic assessment, maintenance, and improvement of overall physical fitness.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1109 - Beginning Golf

Introduction to the basic skills, strategies, and rules of golf. Field trips to city golf courses.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1111 - Softball

Basic competencies and knowledge of rules and strategies of softball.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1112 - Beginning Tennis

Introduction to the basic skills, strategies, and rules of tennis.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1114 - Volleyball

Basic competencies in the techniques, strategies, and rules of volleyball.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1122 - Weight Training & Plyometrics

Introduction to exercises that are geared toward increasing speed, power, and jumping ability. A basic overview of the physiological factors involved in the exercises.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1123 - Beginning Swimming

Introduction to the aquatic environment, with emphasis on competence in primary swimming and safety skills and stroke readiness.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1124 - Intermediate/Advanced Swimming

Development and refinement of key swimming strokes. Introduction to turns, surface dives, and springboard diving.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Prerequisites:

- [PEDU 1123](#) - Beginning Swimming

Restrictions:

- Offered on Demand
-

PEDU 1130 - SCUBA

Competencies in safe diving techniques and practices, as well as safe use of SCUBA diving equipment. PADI Open Water Diver Certification available upon completion of course and optional trip for checkout dives.

Grade Basis: AL

Credit hours: 1.0

Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1159 - Sailing

Basic sailing competencies and understanding with experiences in fundamental racing strategy. Field trips to lake facilities are required.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1161 - Rhythmic Aerobics

A conditioning course in which exercise is done to musical accompaniment for the purpose of developing cardiovascular efficiency, strength and flexibility.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

PEDU 1164 - Water Aerobics

Development of cardio-respiratory endurance, flexibility, body composition, and muscle endurance/tone through vigorous water exercise.

Grade Basis: AL
Credit hours: 1.0
Lecture hours: 1.0

Restrictions:

- Offered on Demand
-

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