EXERCISE PHYSIOLOGY COURSES (EXPH)

EXPH 255 SCIENTIFIC PRINCIPLES OF STRENGTH AND CONDITIONING (2) This course provides students with the scientific principles and practical skills to develop and adjust conditioning programs. Students learn how to design conditioning programs to address strength, power, speed, agility, and endurance needs. Students also learn how to adjust programs for those with special needs (e.g., injuries) so programs can be safe and effective.

EXPH 325 PHYSIOLOGY OF EXERCISE (3) *Prerequisites: BIOL 214, 215.* This course studies the human body's short term and long term adjustments to exercise. Topics include: musculoskeletal function, energy metabolism, respiratory adjustments, heart and circulatory adjustment, neural control, temperature regulation, environmental effects, and conditioning principles.

EXPH 328 CLINICAL EXERCISE PHYSIOLOGY (3) *Prerequisites: EXPH 340, EXPH 325.* This course involves the study of techniques and practical applications to enable students to administer exercise testing protocols, evaluations, and prescriptions to healthy as well as diseased populations in a clinical setting. Students may to apply for certifications as Exercise Test Technologists or Exercise Specialist.

EXPH 340 HEALTH AND FITNESS APPRAISAL AND PROGRAMMING (2) *Prerequisite: EXPH 325.* This course explores theory and ethical practices related to information gained through exercise testing and health promotion tools.

EXPH 380 KINESIOLOGY (3) *Recommended: Biology 214, 215.* This course is a study of the origin, mechanics, and effectiveness of human motion.

EXPH 382 EXERCISE PHYSIOLOGY OF SPECIAL POPULATIONS (3) *Prerequisites: EXPH 340, EXPH 325.* This course involves the study of the origin of several cardiovascular and metabolic diseases, the limitations that these diseases place on a person's lifestyle, and the role of exercise in prevention, diagnosis, and treatment of disease.

EXPH 395 ENVIRONMENTAL EXERCISE PHYSIOLOGY (3) *Prerequisites: EXPH 340 and EXPH 325.* This course introduces the study of acute and chronic adaptations to different environmental conditions. The effects of both short and long term exposure to different temperatures, altitudes, toxins, and ergogenic aids that may affect physiological capacity are explored.

EXPH 409 INDEPENDENT STUDY IN EXERCISE PHYSIOLOGY (1-3) *Prerequisites: Approval of faculty sponsor and School Dean*. This course provides an opportunity to pursue individual interests and projects not covered in other available courses. The area for investigation is developed in consultation with a faculty member and credit is dependent on the nature of the work. May be repeated for no more than six credits.

EXPH 415 INTERNSHIP IN EXERCISE PHYSIOLOGY (3-6) *Prerequisites: Juniors or seniors with a 2.25 minimum QPA; approval of written proposal by internship coordinator, and supervising faculty prior to registration.* This course offers a professional internship with an appropriate health fitness organization/program. The student and faculty sponsor agree on the location and responsibilities of the intern. The number of credits depends on the number of hours involved. (See "Internships.")

EXPH 425 HEALTH AND FITNESS EVALUATION AND PROGRAMMING (3) *Prerequisites: EXPH 340, EXPH 325.* This course involves a review of basic exercise testing and programming for healthy populations. Emphasis is placed upon practical fitness assessment and individualized exercise programming for effective change. The course is the foundation for the American College of Sports Medicine Certification for Health and Fitness.

EXPH 450 ISSUES AND RESEARCH IN EXERCISE PHYSIOLOGY (3) *Prerequisite: EXPH 325; Pre- or Co-requisite: MATH 222.* This capstone course is designed to familiarize students with current issues in Exercise Physiology and to acquaint them with research in Exercise Physiology. Students will be expected to integrate knowledge obtained from prior courses to discuss and write on many issues and research topics in Exercise Physiology.