

and natural resources. Topics include environmental management, economics, law, policy, and global issues, as well as environmental education, communication, recreation, eco-tourism, values, and ethics.

ENST 238 INTRODUCTION TO RESEARCH (1-3) *Prerequisite: consent of supervising instructor.* This course provides the beginning student the opportunity to conduct lab, field, or library research under the supervision of a faculty mentor. Credit is dependent on the scope of the work.

ENST 350 ENVIRONMENTAL LAW AND POLICY (4) *Prerequisites: ENVS 101/101L-102/102L.* This course provides an introduction to the laws and policies governing pollution, hazardous wastes, the use of natural resources, etc. Environmental policy formulation and implementation and the role of the judicial system will be topics of focus.

ENST 360 SUSTAINABLE LIVING (4) *Prerequisites: ENVS 101/101L-102/102L.* This course examines the impact of personal and collective choices on natural resources and the sustainability of communities. Integration of service learning opportunities allows student teams to extend course principles to the local community.

ENST 370 ENVIRONMENTAL MANAGEMENT (4) *Prerequisites: ENVS 101/101L-102/102L.* This course is a survey of management techniques and topics in the environmental field. Land use planning and ecosystem management are emphasized.

ENST 377 STUDY ABROAD (3) This course provides students with the opportunity to study principles of environmental science in foreign settings.

ENST 397 INDEPENDENT STUDY IN ENVIRONMENTAL STUDIES (1-3) *Prerequisites: Approval of faculty sponsor and school dean; junior or senior standing.* This course provides students the opportunity to pursue individual study of topics not covered in other available courses. The area for investigation is developed in consultation with a faculty sponsor and credit is dependent on the nature of the work. May be repeated for no more than six credits.

ENST 398 SPECIAL TOPICS IN ENVIRONMENTAL SCIENCE (1-3) [credit depends on topic] *Prerequisite: A background of work in the discipline.* This course will focus on an aspect of the discipline not otherwise covered by the regularly offered courses. The topic will vary according to professor and term; consequently, more than one may be taken by a student during his/her matriculation.

ENST 399 INTERNSHIP IN ENVIRONMENTAL STUDIES (1-12) *Prerequisites: Juniors or seniors with a 2.25 minimum QPA; approval of written proposal by internship coordinator and supervising faculty prior to registration.* This internship is offered to qualified students, allowing them to gain personal and practical experience in various areas of the environmental field. Internships include but are not limited to working in environmental laboratories, natural resources conservation, environmental law and policy, restoration of natural areas, and help with research projects conducted by senior researchers.

ENST 428 INDIVIDUAL RESEARCH IN ENVIRONMENTAL STUDIES (1-6) *Prerequisites: Junior or Senior Standing; consent of supervising instructor.* This independent opportunity to conduct a field, laboratory, or literary study project culminates in a formal paper and/or presentation as directed by the supervising instructor. Credit is dependent on the nature of the work but may not exceed three credit hours per semester.

ENST 480 CAPSTONE COURSE IN ENVIRONMENTAL STUDIES (3) *Prerequisites: ENVS 101/101L-102/102L, junior or senior standing.* This course serves as the capstone course for the Environmental Studies major. A current environmental issue will be chosen for in-depth study from various perspectives (policy, economics, sociology, history, science, etc.).

EXERCISE PHYSIOLOGY COURSES (EXPH)

EXPH 100 PHYSIOLOGICAL ASSESSMENTS IN EXERCISE PHYSIOLOGY (3) This hands-on course is designed to teach the exercise physiology major about tests used to assess health and skill related physical fitness. Students will learn how to conduct and participate in various assessments of physical fitness. Course fee is required.

EXPH 200W EXPLORATION IN EXERCISE PHYSIOLOGY [Writing Enriched] (3) *Prerequisites: ENGL 111W-112W or ENGL 223W; pre or corequisite: EXPH 100.* This course will examine the numerous career opportunities that exist in the field of Exercise Physiology, how they relate to the field of study, and what are the qualifications and certifications needed to pursue a career in the specific sub-disciplines of Exercise Physiology. This course will also focus on techniques regarding reading and locating research as well as incorporate scientific writing techniques about different topics within exercise physiology.

EXPH 225 BASIC EMERGENCY AND INJURY CARE MANAGEMENT (3) This course is designed to introduce students to basic orthopedic injuries, conditions, and disorders. In addition, students will learn basic emergency management. Course fee required.

EXPH 325 PHYSIOLOGY OF EXERCISE (3) *Prerequisites: BIOL 222/222L, 223/223L.* 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 326 ADVANCED PHYSIOLOGY OF EXERCISE (3) *Prerequisite: EXPH 325.* This course is designed to provide students with an in-depth study of physiological and biochemical alterations occurring in the human body as a result of exercise. Topics will include control of bioenergetics, exercise metabolism, acute and chronic adaptations to aerobic and resistance training programs, physiology of performance, environmental effects, hormonal responses, and temperature regulation.

EXPH 330 ASSESSMENT AND TREATMENT OF GENERAL MEDICAL CONDITIONS (3) *Prerequisite: EXPH 325.* This course is designed to provide students with the knowledge and skill necessary to recognize and treat a variety of systemic pathologies.

EXPH 342 LABORATORY TECHNIQUES IN EXERCISE PHYSIOLOGY (3) *Prerequisites: EXPH 325, MATH 222.* This course provides students with the opportunity to learn the techniques used in laboratories to test the physiological changes in response to acute and chronic exercise. Students will be required to utilize their knowledge of the underlying physiology and the responses to exercise in order to accurately examine and explain the observations.

EXPH 355 SCIENTIFIC PRINCIPLES OF STRENGTH AND CONDITIONING (3) *Prerequisite: EXPH 325.* 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 370 SPORTS NUTRITION (3) *Prerequisite: EXPH 325.* This course will discuss macronutrient and micronutrient needs in relation to physical activity. Additional topics include ergogenic aids and the timing of food and fluids before, during, and after physical activity for optimal performance.

EXPH 380 KINESIOLOGY (3) *Prerequisites: BIOL 222/222L, 223/223L.* This course is a study of the origin, mechanics, and effectiveness of human motion.

EXPH 382 EXERCISE PHYSIOLOGY OF SPECIAL POPULATIONS (3) *Prerequisites: EXPH 326, 342.* This course is designed to discuss physiological differences in populations such as children and youth, older adults, pregnant women as well as populations with diseases such as heart disease, pulmonary disease, obesity, and diabetes and the modifications required for exercise testing and prescription of these populations.

EXPH 397 INDEPENDENT STUDY IN EXERCISE PHYSIOLOGY (1-3) *Prerequisites: Approval of faculty sponsor and school dean; junior or senior standing.* This course provides students the opportunity to pursue individual study of topics not covered in other available courses. The area for investigation is developed in consultation with a faculty sponsor and credit is dependent on the nature of the work. May be repeated for no more than six credits.

EXPH 398 SPECIAL TOPICS IN EXERCISE PHYSIOLOGY (1-3) [credit depends on topic] *Prerequisite: A background of work in the discipline.* This course will focus on an aspect of the discipline

not otherwise covered by the regularly offered courses. The topic will vary according to professor and term; consequently, more than one may be taken by a student during his/her matriculation.

EXPH 415 INTERNSHIP IN EXERCISE PHYSIOLOGY (1-12) *Prerequisites: Juniors or seniors with a 2.25 minimum QPA; EXPH 326, 342; 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 ADVANCED HEALTH AND FITNESS EVALUATION AND PROGRAMMING (3) *Prerequisites: EXPH 326, 342.* This course provides the student with the knowledge and skills necessary for risk stratification, physiological assessment, interpretation of test results, and design of health and activity programs for apparently healthy populations. Emphasis on developing competency in following ACSM guidelines for exercise testing and prescription will be stressed.

EXPH 450 RESEARCH METHODS IN EXERCISE PHYSIOLOGY (3) *Prerequisites or corequisites: EXPH 326, 342.* This course is a capstone designed to teach students the research process as it pertains specifically to exercise physiology. Students will be expected to utilize their knowledge of exercise physiology in the discussion of how to conduct quality research, how to critique current relative research in the profession, and how to summarize research for understanding by the lay population. Students must complete this course with a C or better and have IRB approval of a research proposal if they choose take EXPH 451 as an elective.

EXPH 451 RESEARCH METHODS IN EXERCISE PHYSIOLOGY: DATA COLLECTION AND FINAL MANUSCRIPT (2) *Prerequisite: EXPH 450 (C or better) and IRB approval of a research proposal.* This course is an elective second research course designed for students to complete a research project that has already been proposed and approved by the Institutional Review Board. Students will integrate their knowledge of exercise physiology as well as their skills and mastery at performing a myriad of assessments to collect data, analyze results, and write a final manuscript according to professional guidelines. The course will culminate with the student presenting their research at the Student Scholar Showcase or an equivalent forum approved by the instructor.

FINANCE COURSES (FIN)

FIN 150 FAMILY AND PERSONAL FINANCE (3) This functional course is designed to meet the needs of individuals and married couples in their attempt to save, invest, and spend wisely. Primary emphasis is placed on buying a house, appropriate life insurance policies, and investing in the stock market.

FIN 317 PRINCIPLES OF FINANCE (3) *Prerequisites: ACCT 201, ECON 201-202, and General Education Math.* Course examines basic financial principles involving procurement, allocation, and control of funds of the business firm. Topics include maximizing shareholder wealth, time value of money, stock and bond valuation, risk and expected return, capital budgeting, and financial statement analysis. This first of two case-based courses introduces the broad range of concerns in managerial finance. Topics include ratio analysis, projection of funds requirements, working capital management, lending relationships, capital budgeting, and long-term capital structure. Case analysis allow students to acquire basic skills and perspectives in each area.

FIN 318 FINANCIAL MANAGEMENT (3) *Prerequisite: FIN 317.* This course applies basic financial techniques and principles to financial administration, policy, and decision-making of the firm. This course also examines ethical issues involved in financial administration, policy, and decision-making. The case-study method is used. A continuation of FIN 317. Through case analysis and discussion, students will gain increased sophistication in their knowledge and application of managerial models relevant to the topics covered in the Principles of Finance. The course will also introduce in-depth material in the areas of capital market behavior, mergers, acquisitions, divestitures, and international finance.

FIN 397 INDEPENDENT STUDY IN FINANCE (1-3) *Prerequisites: Approval of faculty sponsor and school dean; junior or senior standing.* This course provides students the opportunity to pursue individual study of topics not covered in other available courses. The area for investigation is developed in consultation with a faculty sponsor and credit is dependent on the nature of the work. May be repeated for no more than six credits.