EXERCISE AND NUTRITION SCIENCES (EXNS)

Explanation of Course Numbers

- Courses in the 1000s are primarily introductory undergraduate courses
- Those in the 2000s to 4000s are upper-division undergraduate courses that can also be taken for graduate credit with permission and additional work
- Those in the 6000s and 8000s are for master’s, doctoral, and professional-level students
- The 6000s are open to advanced undergraduate students with approval of the instructor and the dean or advising office

EXNS 1103. Professional Foundations in Exercise Science. 1 Credit.
Introduction to the science and practice of exercise and human movement as they relate to public health. Emphasis on the various sub-disciplines of exercise science, research related to the field, and professional and career development.

EXNS 1110. Applied Anatomy and Physiology I. 4 Credits.
Fundamentals of human anatomy and physiology for students preparing for health sciences professions. Emphasis on bones, joints, muscles, innervation, and blood supply. Laboratory fee.

EXNS 1111. Applied Anatomy and Physiology II. 4 Credits.
Continuation of EXNS 1110. Fundamentals of human anatomy and physiology for students preparing for health sciences professions. Emphasis on muscles, sensory and motor integration of the nervous system, function of the special senses, and the autonomic system. Laboratory fee. Prerequisites: EXNS 1110.

EXNS 1112. Current Issues in Coaching. 3 Credits.
Examination of current trends and issues in athletics, sport, and coaching from theoretical and applied perspectives. Study of a variety of timely topics using presentations, readings, videos, internet activities, and discussions.

EXNS 1114. Community Nutrition. 3 Credits.
Introduction to community nutrition and public health programs offered on the local, state, national, and international levels, targeting both individuals and groups. Topics include health policies, nutrition programs, nutrition assessment, and principles of nutrition education.

EXNS 1117. Principles of Coaching. 3 Credits.
Study of coach/athlete behavioral patterns and interactions, coaching methods, and interdisciplinary principles applicable to coaching.

EXNS 1118. Sport and Nutrition. 3 Credits.
Nutritional needs for recreational exercise and sports; skills in assessing nutritional needs; development of individual nutrition programs that are sport/activity-specific; and identification and correction of nutrition problems affecting sports performance. Prerequisites: EXNS 2119 or HLWL 1116.

EXNS 1199. Topics in Exercise and Nutrition Sciences. 3 Credits.
Topic announced in the Schedule of Classes. May be repeated for credit provided the topic differs.

EXNS 2110. Injury Prevention and Control. 3 Credits.
Information and practical experience in the prevention, recognition, and/or treatment of injury, illness, and health conditions; anatomy review, injury recognition skills, and prevention, first aid, and treatment techniques. Prerequisites: EXNS 1110 and EXNS 1111.

EXNS 2111. Exercise Physiology I. 4 Credits.
Function of the human body under the influence of physical activity. Nutrition as a foundation for human performance, energy for physical activity, and comprehensive weight management. Laboratory fee. Prerequisites: EXNS 1110 and EXNS 1111.

EXNS 2112. Exercise Physiology II. 4 Credits.
Response of physiological systems of the body to acute and chronic exercise and neuromuscular adaptations to exercise. Exercise training program design, training in extreme environmental conditions, and training considerations for special populations. Laboratory fee. Prerequisites: EXNS 2111.

EXNS 2113. Kinesiology. 4 Credits.
How the human body functions as a mechanical movement generator; the design and function of joints and muscles and principles of mechanics applied to human movement. Common injuries to the musculoskeletal system, how these injuries might occur, and what effect they have on movement patterns. Laboratory methods including techniques for palpation and evaluation of movement. Laboratory Fees. Prerequisites: ANAT 2181 or BICS 2581 or EXNS 1110.

EXNS 2114. Nutrition Sciences I. 3 Credits.
Study of macronutrients (carbohydrate, fat, and protein) and how they are digested, absorbed, and metabolized by the human body. The unique functions and dietary applications of each macronutrient and its requirements, as well as how macronutrients are implicated in disease pathology, prevention, and management. Hormonal control of blood sugar levels, appetite, and satiety. Other topics include weight management, meal planning, fat and carbohydrate substitutes, alcohol metabolism, dietary guidelines, food labeling, and sports nutrition. Prerequisites: BISC 1115 and 1125; and BISC 1116 and BISC 1126, EXNS 1110, and EXNS 1111.
**EXNS 2115. Nutrition Sciences II. 3 Credits.**
Advanced study of how micronutrients (e.g. vitamins and minerals) are digested, absorbed, and metabolized by the human body. The unique functions of each essential micronutrient and nutrient-nutrient interactions supporting organ systems and metabolism. Other topics include hydration, functional ingredients, food additives, dietary supplements, food safety, lifecycle nutrition, and global micronutrient initiatives. Prerequisites: EXNS 2114.

**EXNS 2116. Exercise and Health Psychology. 3 Credits.**
The psychological, social, and environmental factors that influence the adoption and maintenance of physical activity/exercise and other health behaviors. The role of physical activity/exercise in the prevention of chronic disease. Emphasis on prominent theories used to understand and predict behavior change towards the initiation and maintenance of health behaviors. Issues specific to public health and diversity such as race/ethnicity, socioeconomic status, and gender are also addressed. Restricted to majors only. Prerequisites: PSYC 1001.

**EXNS 2117. Sport Psychology. 3 Credits.**
Introduction to current research and theoretical perspectives on psychological and psychosocial components of sport participation and competition. Participation motives, motivation, confidence, anxiety, aggression, and other factors that influence individuals and teams or groups. Prerequisites: PSYC 1001.

**EXNS 2117W. Sport Psychology. 3 Credits.**
Introduction to current research and theoretical perspectives on psychological and psychosocial components of sport participation and competition. Participation motives, motivation, confidence, anxiety, aggression, and other factors that influence individuals and teams or groups. Students complete written assignments to hone writing skills and apply course material. Prerequisites: PSYC 1001.

**EXNS 2119. Introduction to Nutrition Science. 3 Credits.**
Nutrition science as it relates to human growth and development. Dietary guidelines, digestion and absorption of nutrients, appetite, body weight, and chronic disease; how the body uses vitamins, minerals, and energy provided by fats, carbohydrates, and proteins; assessing nutritional status; nutrition on an individual and population level. Prerequisites: BISC 1115 and 1125.

**EXNS 2120. Assessment of Nutritional Status. 3 Credits.**
Methods of assessing dietary intakes, physical activity, anthropometry, body composition, and micronutrient status of individuals; factors affecting selection, reliability, and interpretation of various assessment methods in public health settings. Prerequisite: EXNS 2119.

**EXNS 2121. Orthopaedic Taping and Bracing. 1 Credit.**
Advanced practical application of skills learned in EXNS 2110, including first aid techniques, injury recognition skills, taping, and treatment of injuries. Concurrent enrollment in EXNS 2110 is required for students in the Pre-athletic Training/Sports Medicine track.

**EXNS 2122. Food Systems in Public Health. 3 Credits.**
This course will explore systems thinking as it pertains to agriculture and food, attempt to define sustainability within the context of the global food system, examine the current state of the global food system from farm to fork, and analyze its impacts on health. The course will also examine several policies, programs, and proposals aimed at creating a healthier, more sustainable global food system.

**EXNS 3101. Independent Study. 3 Credits.**
Outline of intended project must be approved prior to course registration. Restricted to For departmental majors only.

**EXNS 3102. Applied Sport Psychology. 3 Credits.**
Theoretical perspectives and practical aspects of applied sport psychology. Psychological skills and peak mental performance. Development and practical application of mental skills programs for athletes and methods of assessing psychological skills in sports settings. Qualifications and training routes for becoming a sport psychologist and professional and ethical issues. Prerequisites: EXNS 2117.

**EXNS 3110. Field Experience- Exercise & Nutrition Sciences. 1-9 Credits.**
For undergraduate exercise and nutrition sciences majors. Application of classroom-based knowledge to practical experience within a professional setting. Restricted to undergraduate majors in exercise and nutrition sciences. Prerequisites: EXNS 2112 and permission of the instructor.

**EXNS 3111. Injury Assessment. 4 Credits.**
Students gain skills and practical experience in the assessment of injuries. Includes anatomy review, evaluation techniques and procedures, referral skills, and appropriate documentation. Prerequisites: EXNS 2110.

**EXNS 3112. Therapeutic Modalities in Sports Medicine. 4 Credits.**
Explanation and demonstration of the use of therapeutic modalities on the healing process, including discussion of the use of therapeutic modalities to enhance the rehabilitation process after athletic injury. Laboratory fee. Prerequisites: EXNS 3117 or permission of instructor.

**EXNS 3118. Therapeutic Modalities in Sports Medicine. 4 Credits.**
Explanation and demonstration of the use of therapeutic exercise on the rehabilitation process. Discussion and development of practical skills in techniques of therapeutic exercise and equipment to enhance the exercise routine after athletic injury. Prerequisites: EXNS 3117 or permission of instructor.
EXNS 3121. Medical Issues in Sports Medicine. 3 Credits.
Topics in general medical issues and pharmacology as they
relate to the athletic training profession. Prerequisites: EXNS
1110 and EXNS 1111.

EXNS 3123W. Psychology of Injury and Rehabilitation. 3
Credits.
Injury and rehabilitation psychology and its application to
working with athletic and general population clients. The
psychological, social, and environmental factors that influence
injury susceptibility, reaction to injury, and adherence to
rehabilitation; basic assessment and intervention techniques to
promote and facilitate adherence to rehabilitation in a variety
of professional settings. Strong emphasis on writing, writing
development, and use of scientific literature obtained through
library resources throughout the course. Restricted to Exercise
& Nutrition Sciences majors only.

EXNS 3125. Athletic Training Practicum. 3 Credits.
Students gain practical/clinical experience in athletic training
and medical skills.

EXNS 4110. Current Issues in Exercise Science. 3 Credits.
Capstone course for senior exercise science majors in their
final spring semester. Students are required to understand and
apply identified competencies from the core exercise science
curriculum. Restricted to Senior exercise science majors in their
final spring semester.

EXNS 6202. Advanced Exercise Physiology I. 3 Credits.
Examination of acute and chronic cardiovascular and
pulmonary adaptations to exercise training. Focus on
mechanisms that affect oxygen delivery and utilization
during aerobic exercise. Responses to exercise in extreme
environmental conditions.

EXNS 6203. Advanced Exercise Physiology II. 3 Credits.
Metabolic and neuromuscular adaptations that occur in
response to acute and chronic exercise. Biochemical pathways
responsible for energy production during rest and exercise,
and how these pathways adapt with chronic training. Neural,
hormonal, and nutritional factors that influence exercise
performance. Laboratory fees. Prerequisites: EXNS 6202 or
permission of instructor.

EXNS 6204. Biostatistical Methods and Research Design. 3
Credits.
Basic principles, concepts, and procedures of research,
sampling, and statistical design. Probability, hypothesis testing,
and application of basic statistical techniques using calculators
and statistical software packages.

EXNS 6207. Psychological Aspects of Sport and Exercise. 3
Credits.
Psychological, sociological, and environmental factors related
to the adoption of exercise behavior and maintenance and
achieving peak sport performance. The influence of psychology
on exercise and sport behaviors, and techniques for changing
and/or optimizing such behaviors using a person-centered,
individual approach. Issues specific to public health and
diversity including race, socioeconomic status, ethnicity, and
gender are emphasized throughout the course.

EXNS 6208. Physical Activity: Physiology and
Epidemiology. 2 Credits.
Introduction to health issues resulting from physical inactivity
(or disuse). Basic principles of energy metabolism and
both basic and leading edge methods for physical activity
assessment. Topics include major physiological systems'
adaptation to exercise training and to de-training and how this
adaptation may vary by age and sex; the relationship between
disuse and major chronic diseases across the age spectrum;
and individual and community-based intervention strategies
to modify behavior and ameliorate the putative effects of a
sedentary lifestyle. Study of the role of the built environment
as an environmental "toxin" using the basic principles of
environmental health risk assessment. Prerequisites: EXNS
2111.

EXNS 6209. Advanced Concepts in Nutrition Science. 3
Credits.
Topics in nutrition and public health. Emerging issues,
challenges, and controversies in nutrition science; the role
of diet composition and physical activity in the maintenance
of health and the development of chronic disease; and
effectively communicating scientific findings and identifying
key knowledge gaps in nutrition science literature.

EXNS 6210. Cardiac Rehabilitation. 3 Credits.
Overview of a wide range of clinical, public health, and
healthcare topics associated with heart disease with an
emphasis on coronary artery disease. Cardiac rehabilitation
programming and services, secondary prevention, patient
education, and current clinical guidelines, scientific statements,
and selected regulations related to cardiac rehabilitation.

EXNS 6211. Assessments, Prescription, and
Electrocardiogram. 3 Credits.
Information, techniques, and laboratory experiences related
to accurate blood pressure determinations, clinical exercise
testing and prescription, and other clinical assessments. Basic
medications for cardiovascular disease and fundamentals of the
electrocardiogram. Prerequisites: EXNS 6210 or permission.
EXNS 6212. Exercise in Selected Chronic Diseases. 3 Credits.
Basic pathophysiology in select chronic diseases. Application of clinical exercise testing and assessment and effects of acute and chronic exercise and exercise prescription on affected patients. Patient groups include children and the elderly, and individuals with pulmonary diseases, diabetes mellitus, hypertension, peripheral artery disease, stroke, obesity, spinal cord injury, cancer.

EXNS 6213. Clinical Internship I. 3 Credits.
Students work directly with a multidisciplinary health care or research team and patients and apply the knowledge and skills acquired from coursework in a clinical environment. Internships take place at pre-approved clinical sites, usually in the Washington, D.C., metropolitan area, and students are supervised by an on-site clinical instructor.

EXNS 6214. Clinical Internship II. 3 Credits.
Students work directly with a multidisciplinary health care or research team and patients and apply the knowledge and skills acquired from coursework in a clinical environment. Internships take place at pre-approved clinical sites, usually in the Washington, D.C., metropolitan area, and students are supervised by an on-site clinical instructor.

EXNS 6215. Clinical Exercise Physiology Rotations. 3 Credits.
Supervised clinical experience for students in the Clinical Exercise Physiology program. Working with clinical patient populations in hospitals in the Washington, D.C., metropolitan area, students observe and participate in the assessment and treatment of patients with a variety of chronic diseases.

EXNS 6216. Organization and Management of Clinical Programs. 1 Credit.
Administrative organization of programs providing clinical exercise services. Budgeting and staffing; equipment and supplies; policies, protocols, and program forms; Medicare regulations and coding; and safety issues. While cardiac rehabilitation is the program model for the majority of this topic, the information can be used in other types of clinical exercise physiology programs. Combination of classroom and online sessions.

EXNS 6220. Power Training for Sports Performance. 2 Credits.
Effective training programs for sports that require explosive performance. Emphasis on training methods that develop speed and power, such as plyometrics and Olympic weightlifting. Provides information on specific competencies for students interested in pursuing certification as a strength and conditioning specialist. Prerequisites: EXNS 2111 or equivalent.

EXNS 6221. Science & Theory of Training. 3 Credits.
Physiological adaptations to resistance training, with a primary focus given to the neuromuscular system. Functional and structural changes that occur in skeletal muscle following strength and power training. Programmatic concerns when developing a resistance training regimen for an athletic population.

EXNS 6222. Current Topics in Strength and Conditioning. 1-2 Credits.
Current scientific findings related to the field of strength and conditioning. Examination of how resistance training programs affect athletic performance in terms of increased strength, power, endurance, and resistance to injury. The health benefits of resistance training in non-athletic populations. Prerequisites: EXNS 6202 or permission of the instructor.

EXNS 6223. Biomechanical Analysis. 3 Credits.
Application of mechanical analysis techniques to the human body in motion. Statics and dynamics with emphasis on the link segment model, incorporating angular velocity and angular acceleration. Motion analysis systems and computer systems. Prerequisites: (EXNS 1110 or BISC 2581) and EXNS 2113. Recommended background: PHYS 1011.

EXNS 6224. Nutrition Throughout the Life Cycle. 2 Credits.
The science of nutrition as it relates to health throughout the human life cycle. Changes in human metabolic processes and nutrient needs during the course of the aging process. Nutrition-related disorders. Prerequisites: EXNS 2111 or permission of the instructor.

EXNS 6261. Thesis Seminar. 3 Credits.
Required for students planning to write a thesis. Principles, concepts, and procedures of research design, including interpreting the scientific literature, designing a statistical plan, applying basic statistical techniques, and communicating scientific findings to professional and general audiences. Students develop a research protocol.

EXNS 6269. Topics in Exercise Science. 1-3 Credits.
Topic to be announced in the Schedule of Classes.

EXNS 6998. Thesis Research. 3 Credits.
Students work independently to conduct research under the oversight of a faculty research committee. Restricted to MS in exercise science degree candidates.