

Exercise Science

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Major: Exercise Science, Sports and Fitness Management

Minors: Fitness, Coaching, Strength and Conditioning

Exercise science explores the intricate study of how the human body responds and adapts to movement. Our dynamic program offers immersive, hands-on experiences within clinical and community settings, empowering students to actively engage in delivering exercise-related services to diverse populations.

Throughout our curriculum, students gain comprehensive insights into the interplay between physical activity, functional capacity, and health across all stages of life. This knowledge forms a robust foundation, enabling graduates to skillfully navigate roles in exercise testing, prescription, and intervention across various clinical environments, including health clubs, corporate fitness facilities, strength and conditioning training centers, and specialized cardiac rehabilitation units.

Beyond immediate career prospects, an exercise science degree from Franklin College serves as a springboard for further academic pursuits. It provides a sturdy groundwork for advanced studies in related fields such as physical therapy, occupational therapy, biomechanics, nutrition, exercise physiology, sports medicine, chiropractic care, and other healthcare disciplines.

Exercise science majors must complete EXE 119, EXE 208, EXE 234, ANAT 210 with a “C-” or better before enrolling in most EXE 300 or 400-level courses in the department. Students must maintain a “C-” or better in all EXE courses.

3+2 Program in Exercise Science and Athletic Training

Franklin College offers an accelerated Master of Science in Athletic Training (MSAT) track in the form of a combined Bachelor of Arts in Exercise Science and Master of Science in Athletic Training, with the potential to complete both degrees in five years. This cooperative program consists of common core and specific courses required for each particular program, in addition to specific pre-requisites for application to the MSAT program. Students may apply for early admittance to the MSAT program as a freshman or sophomore by May 1st, or as a junior by spring break. Students accepted to the MSAT in their fourth year are considered graduate students and take primarily MSAT graduate courses, while also finishing any required undergraduate courses. After completing three years of undergraduate courses and one year in the MSAT program, students graduate with a Bachelor of Arts degree in Exercise Science from Franklin College. After completing the second year in the MSAT program, students graduate with their Master’s in Athletic Training.

Students interested in this option must remain in on track in the exercise science curriculum and should apply to the MSAT program by spring break of their junior year to meet the early admission deadline for the MSAT program. Students may also apply to the MSAT program as a non-early admit. Please refer to the Master of Science in Athletic Training section of this catalog for more details.

Transportation to Engaged Learning Sites

The Exercise Science Program will include service learning, experiential learning and internships. Many engaged learning opportunities will be off-campus for more varied experiences. Students in the Exercise Science Program are expected to have access to transportation to engaged learning sites and partnerships.

Exercise Science Program Expenses

The students within the exercise science major will incur additional expenses outside of the typical college costs. Please see below for expected costs within the exercise science major:

Type of Expense	Expected Time of Expense	Approximate Fee
TB test and vaccinations*	If required by specific engaged learning sites, typically hospital settings	\$5 - \$70
Professional attire, specifically FC Exercise Science polo	During entire program	Varies
Background check*	If required by specific engaged learning sites, typically school systems	\$7 - 25
Transportation to off-campus engaged learning sites	During entire program	Varies
First Aid and CPR recertification	Bi-annually for CPR and First Aid	\$45 for each certification
Exercise Science essential clinical equipment: stethoscope, sphygmomanometer, pedometer, tape measure, and skinfold caliper	Transfer students who transfer in credit from another institution for EXE 234 will be expected to have the equipment used in EXE 234. Students in the Exercise Science Program are expected to keep the equipment from EXE 234 throughout the duration of the program in functioning condition.	\$110-175
NSCA CSCS or ACSM EP-C certification examination*	Spring of graduation year	NSCA \$260-445 ACSM \$219-279

*Some expenses may be optional based on the career goals of the student.

Cooperative Program in Exercise Science

Franklin College maintains a cooperative “3+1” program with the University of Indianapolis School of Nursing (UIndy). Students in this program earn a Bachelor of Arts degree from Franklin College in a chosen major and a Bachelor of Science in Nursing (BSN) degree from UIndy. Upon successful completion of all Franklin College requirements (3 years) and the first year of courses at UIndy (1 year), students will receive a B.A. degree from Franklin College. At the completion of the remaining courses at UIndy (3 months), students will receive the B.S.N. degree from UIndy.

Students will declare a major in Biology, Chemistry & Physics, Exercise Science, Psychology, or other applicable major and follow that degree program as stated in the catalog. See the Nursing section of this catalog for more details.

Students following the 3+1 program will be required to make certain selections in their liberal arts curriculum to satisfy the prerequisite nursing requirements at UIndy. Those selections are as follows:

Human Behavior – PSY 117 General Psychology and SOC 118 Introduction to Sociology (both required)

Reasoning and Values – PHL XXX (any Philosophy course that fulfills the category) or BIO 225 Bioethics

Note: Additional prerequisites for admission to the ABSN program are required:

- CHE 121/123 General Chemistry I & Lab
- CHE 122/124 General Chemistry II & Lab
- BIO 373 Microbiology **OR** approved Microbiology course

For students intending to pursue the ABSN degree majoring in Exercise Science, the following course substitutions fulfill Franklin College requirements:

- KIN 315 – waived – Civic Learning exploratory requirement fulfilled by NURB 325 Transitional Care in Primary Population Health

Elective course requirement fulfilled by nursing program requirements

Exercise Science Major

All core requirements for the major must be completed with a grade of C- or better. All related field requirements for the major must be completed with a grade of C- or better.

Core Requirements

EXE 119 Concepts of Wellness
EXE 208 Basic Principles of Nutrition
EXE 222 First Aid and CPR/AED for the Professional Rescuer
EXE 234 Introduction to Exercise Science
EXE 244 Introduction to Strength and Condition Methods
EXE 341 Organization and Administration of Health Programs
EXE 351 Muscles and Movement
EXE 372 Exercise Physiology
EXE 372L Exercise Physiology Lab
EXE 375 Exercise Testing and Prescription
EXE 382 Motor Learning
EXE 385 Sport and Exercise Psychology
EXE 387 Biomechanics
EXE 387L Biomechanics Lab
EXE 401 Research Methods in Exercise Science I
EXE 402 Research Methods in Exercise Science II
EXE 425 Exercise Prescription for Special Populations
EXE 499 Senior Competency Practicum and Professional Development Course

One of the following courses

BIO 310 Immunology
EXE 321 Advanced Strength and Conditioning Methods
EXE 322 Pediatric Exercise Physiology
EXE 323 Diagnostic and Laboratory Testing
KIN 310 Broad Perspective in Sport
PHY 355 Ultrasonography
PHY 357 Radiation and Health

Professional Development Requirements

EXE 489 Professional Development Experience
EXE 498 Professional Development Portfolio

PDP 200 Preparing for Your Internship

Related Field Requirements

ANAT 210 Applied Human Anatomy
ANAT 210L Applied Human Anatomy Lab
ANAT 220 Applied Human Physiology
ANAT 220L Applied Human Physiology Lab
KIN 315 Health/Wellness Issues & Trends in Society
MAT 224 Basic Applied Statistics
PSY 117 General Psychology

MSAT Substitutions

MSAT 543 fulfills **EXE 401** and **EXE 402** requirements
MSAT 550, 551, & 553 fulfills **EXE 489** requirement

Sports and Fitness Management Major

All core requirements for the major must be completed with a grade of C- or better. All related field requirements (either the Fitness Management Option or the Sports Management Option) for the major must be completed with a grade of C- or better.

Core Requirements

ACC 221 Principles of Accounting I
BUS 101 Introduction to the Business Mindset
BUS 102 Development of the Entrepreneurial Skillset
ECO 121 Principles of Microeconomics OR **ECO 123** Principles of Macroeconomics
EXE 119 Concepts of Wellness
EXE 222 First Aid and CPR/AED for the Professional Rescuer
EXE 341 Organization and Administration of Health Programs
EXE 385 Sport and Exercise Psychology
MAT 224 Basic Applied Statistics
MMJ 445 Communication Law in a Digital World OR **BUS 331** Business Law
PED 234 Introduction to Teaching and Coaching Physical Activities
PSY 117 General Psychology
SFM 110 Introduction to Sports Management
SFM 210 Sports Ethics and Risk Management
SFM 410 Sports and Fitness Management Research and Business Plans
SFM 499 Senior Competency Practicum and Professional Development Course
SOC 358 Personal Finance and Public Policy
SPR 101 Sports in Society

Professional Development Requirements

SFM 483 Event Management Practicum
SFM 489 Senior Experience
SFM 498 Professional Development Portfolio
PDP 200 Preparing for your Internship

Fitness Management Option

ANAT 210 Applied Human Anatomy
ANAT 210L Applied Human Anatomy Lab

ANAT 220 Applied Human Physiology
ANAT 220L Applied Human Physiology Lab
EXE 208 Basic Principles of Nutrition
EXE 244 Introduction to Strength and Condition Methods
KIN 315 Health/Wellness Issues & Trends in Society

Sports Management Option

BUS 361 Contemporary Marketing
PRL 221 Public Relations Practice Areas
PRL 222 Social Media and Tactics
SPR 115 Reporting, Interviewing, and Newswriting
SPR 301 Covering Economics and Public Policy in Sports
SPR 303 Sports Information and Public Relations

Fitness Minor

Core Requirements

EXE 119 Concepts of Wellness
EXE 208 Basic Principles of Nutrition
EXE 222 First Aid and CPR/AED for the Professional Rescuer
EXE 244 Introduction to Strength and Conditioning Methods
EXE 372 Exercise Physiology
EXE 372L Exercise Physiology Lab
EXE 480 Fitness Practicum

Related Course Requirements

ANAT 210 Applied Human Anatomy
ANAT 210L Applied Human Anatomy Lab
ANAT 220 Applied Human Physiology
ANAT 220L Applied Human Physiology Lab

Coaching Minor (not a licensure area)

Core Requirements

Students must earn at least a 'C-'

EXE 119 Concepts of Wellness
EXE 222 First Aid and CPR/AED for the Professional Rescuer
EXE 244 Introduction to Strength and Conditioning Methods
EXE 385 Sport and Exercise Psychology
PED 234 Introduction to Teaching and Coaching Physical Activities
PED 480 Coaching Practicum

Four hours from the following courses

Students must earn at least a 'C-'

EXE 208 Basic Principles of Nutrition
LEA 100 Introduction to Personal Leadership Skills
PED 110 Lifeguard Training
PED 112 Water Safety Instructor
PED 115 Officiating in Volleyball

PED 116 Officiating in Basketball
PED 333 Coaching Baseball and Softball
PED 334 Coaching Basketball
PED 335 Coaching Football
PED 336 Coaching Volleyball
PED 337 Coaching Track and Field
PED 338 Coaching Soccer
PED 339 Coaching Swimming
PED 490 Independent Study (other coaching classes by student interest)

Strength and Conditioning Minor

ANAT 210 & 210L Applied Human Anatomy + Lab
ANAT 220 & 220L Applied Human Physiology + Lab
EXE 119 Concepts of Wellness
EXE 208 Basic Principles of Nutrition
EXE 244 Introduction to Strength and Conditioning Methods
EXE 321 Advanced Strength & Conditioning Methods
EXE 341 Organization & Administration of Health Programs
EXE 351 Muscles and Movement
EXE 372 & 372L Exercise Physiology + Lab
EXE 385 Sport and Exercise Psychology
EXE 387 & 387L Biomechanics + Lab
PED 004 Physical Education Activity Strength and Conditioning
SAC 480 Strength & Conditioning Internship I
SAC 481 Strength & Conditioning Internship II

Exercise Science Course Descriptions

EXE 119 Concepts of Wellness	3 credit hours
Fall and spring	

This course focuses on the dimensions of personal well-being including physical fitness, nutritional awareness, stress management, the effect of drugs and health-related environmental issues. Personal responsibility for well-being is stressed. Suggested during first year.

EXE 208 Basic Principles of Nutrition	2 credit hours
Fall and spring	

This course is an introduction to nutritional concepts, including a focus on nutrients, their uses, and food sources as well as their importance in promoting health and preventing disease. The course will also address nutrition as it relates to physical activity along with the nutritional requirements throughout the human life cycle.

EXE 222 First Aid and CPR/AED for the Professional Rescuer	2 credit hours
Fall and spring	

This course is designed to help students prepare and respond to emergency situations. American Red Cross certification in CPR/AED for the Professional Rescuer and Healthcare Provider and First Aid is earned upon successful completion of American Red Cross Requirements. *Course Fee: \$45.*

EXE 234 Introduction to Exercise Science	2 credit hours
Fall and spring	

This course is designed to expose the student to important aspects of the discipline, including areas of study, clinical skills, technology, certifications, professional associations, and career opportunities. The history of, and current and future trends in exercise science will also be explored. Suggested first-year course.

EXE 244 Introduction to Strength and Conditioning Methods	3 credit hours
Fall and spring	Prereq: EXE 119

This course focuses on the principles of physical conditioning, with emphasis on teaching and assessing correct technique in all areas of physical fitness. Topics discussed include assessment of muscular strength and endurance, cardiorespiratory endurance, flexibility, and skill-related components of health and how these concepts affect athletic performance.

EXE 321 Advanced Strength and Conditioning Methods	3 credit hours
Every other year	Prereq: EXE 244, EXE 351, EXE 372

This course focuses on advanced techniques of strength and conditioning as it relates to enhancing human performance. Topics presented will include program design for enhanced resistance and conditioning techniques, along with advanced exercise performance assessment techniques. At the conclusion of the course students will have an understanding of how to assess current physiologic markers of high-level performances, and how to design exercise programs for that target population. This course will also prepare students to successfully acquire the Certified Strength and Conditioning Specialist® certification through the National Strength and Conditioning Association.

EXE 322 Pediatric Exercise Physiology	3 credit hours
Every other year	Prereq: EXE 372

This course will examine the development of the pediatric population from a physical perspective. Emphasis will be on motor development, system development, and performance development. Physiological responses to exercise will be investigated as well as current issues specific to the population including thermoregulation, genetic regulation, and early specialization.

EXE 323 Diagnostic and Laboratory Testing	3 credit hours
On demand	Prereq or coreq: EXE 351 and ANAT 220

This course will discuss the knowledge and skills needed for basic diagnostic testing measures used by exercise physiologists. Students will focus on the skills needed for medical communication and interpretation. Topics presented will include blood studies, electrocardiography, ultrasound, x-rays, and nuclear scanning. The rationale and clinical implications of the tests will be investigated.

EXE 341 Organization and Administration of Health Programs	2 credit hours
Fall and spring	Prereq: EXE 119

This course will provide the necessary knowledge and skill of organization and administration in various exercise science settings and fields. Additionally, students will gain the knowledge and skills in professional development and digital fluency necessary to function as a professional in exercise science-related fields.

EXE 351 Muscles and Movement	1 credit hour
Fall and spring	Prereq: ANAT 210, EXE 119, EXE 208, EXE 234

This course will prepare students to identify muscles commonly used in training and therapy and the function of the specific muscles. Emphasis will be on the progression and modification of movements using machines, free weights, body weight, and other forms of exercise equipment along with proper stretching techniques.

EXE 372 Exercise Physiology	3 credit hours
Fall and spring	Prereq: ANAT 220, EXE 119, EXE 208, EXE 234 Coreq: EXE 372L

Exercise physiology is the study of acute and chronic adaptations of the body's physiological systems to movement and physical conditioning. Physiological foundations and the development of physiological fitness components will be discussed. A laboratory component is integrated into class sessions. Must be taken concurrently with EXE 372L. Same as BIO 372.

EXE 372L Exercise Physiology Lab	0 credit hours
Fall and spring	Coreq: EXE 372

Lab component to EXE 372 Exercise Physiology. Same as BIO 372L.

EXE 375 Exercise Testing and Prescription	3 credit hours
Fall and spring	Prereq: EXE 372

This course prepares students to plan, direct, and administer age-appropriate exercise prescriptions and health assessments for the general population. Multiple hands-on experiences and application of knowledge will be emphasized. Students will participate in engaged experience with clients on- or off-campus.

EXE 382 Motor Learning		3 credit hours
Fall and spring		Prereq: ANAT 220, EXE 119, EXE 208, EXE 234

An examination of factors that affect the acquisition and performance of motor skills and how control of skilled movements is gained, maintained, and adapted. The student will gain experience in neuromuscular integration, psychomotor learning, and error detection and correction through laboratory experiences.

EXE 385 Sport and Exercise Psychology		3 credit hours
Fall and Spring		Prereq: EXE 119 or with instructor permission

This interactive course will focus on the cognitive or mental preparation in sports and health behavior change. It will relate the application of conventional psychological areas and examine human behavior within the context of higher performance and health behavior theories. It will also apply psychological considerations pertaining to sport and exercise in the design of programs and in discussions with athletes and the physically active population.

EXE 387 Biomechanics		3 credit hours
Fall and spring		Prereq: ANAT 220, EXE 119, EXE 208, EXE 234 Coreq: EXE 387L

The course will provide the student with a mechanical examination of the motion of the human body. Application of anatomical, physiological, and mechanical data will be used to explain and predict movements of the body to improve technique or prevent injury. A laboratory experience is integrated into class sessions. Must be taken concurrently with EXE 387L. Same as BIO 387.

EXE 387L Biomechanics Lab		0 credit hours
Fall and spring		Coreq: EXE 387

Lab component to EXE 387 Biomechanics. Same as BIO 387L.

EXE 401 Research Methods in Exercise Science I		2 credit hours
Fall and spring		Prereq: EXE 372, MAT 224

This course will introduce students to the research process in the various areas of exercise science. Students will learn the various elements associated with the design and process of both qualitative and quantitative research, including the process of reviewing relevant literature, the development of a researchable question, and the design of a method to solve a research question. Students will also learn to become selective consumers of published research through the process of literature review and learn the ethical issues associated with research and progress to the human subject protection application with the college's Institutional Review Board (IRB).

EXE 402 Research Methods in Exercise Science II		1 credit hour
Fall and spring		Prereq: EXE 401

This course will pair an exercise science faculty member with a student or a group of students who will be conducting research. With direction from the faculty member, students will select the appropriate body of methods to analyze a finalized research question. A significant part of the course will be spent on the student's chosen methodology whether quantitative, qualitative or mixed-methods. Students will collect data, interpret and analyze findings and present research in an academic environment. It is strongly recommended to take EXE 402 in the semester following EXE 401.

EXE 425 Exercise Prescription for Special Populations		3 credit hours
Fall and spring	Comparative Perspectives exploratory	Prereq: EXE 372

This course provides practical information on assessment and exercise for persons with a wide range of special diseases and disabilities. Students will learn and apply knowledge on how to modify exercise for individuals and groups based on age, medical conditions, and special needs. Diseases and exercises will be explored through current medical research and evidence-based practices. This course fulfills the Comparative Perspectives exploratory requirement. It is strongly recommended to take EXE 375 prior to EXE 425.

EXE 480 Fitness Practicum		1-3 credit hours
Fall, spring, Immersive, or summer with departmental consent		Prereq: departmental consent

Engage in hands-on application of exercise science principles through our practicum, integrating classroom knowledge with real-world practice. Collaborate with industry professionals, designing and implementing tailored exercise programs while gaining valuable experience in assessing individual fitness levels and creating personalized plans. The immersive opportunity offers a dynamic environment to refine skills in exercise prescription and develop a comprehensive understanding of exercise physiology.

EXE 489 Professional Development Experience		4-12 credit hours
Fall, spring, Immersive, or summer with departmental consent		Prereq: PDP 200 and senior status

Exercise Science majors will complete a semester-long or summer internship experience. This internship will meet the professional development experience component required for the senior year experience. EXE 489 will fulfill four semester hours of the immersive term requirement if taken during Immersive term. Students must meet with the Exercise Science internship coordinator to obtain an internship application and add/drop forms must be signed by a faculty member of record and must have approval of the faculty advisor.

EXE 490 Independent Study		1-2 credit hours
Fall and spring		Prereq: Junior status and the consent of the department chair

This course provides the student with an opportunity to further investigate an individualized, independent research topic in exercise science or a related healthcare field not thoroughly covered in core courses.

EXE 498 Professional Development Portfolio		No credit
Fall and Spring		Prereq: Senior status

The course is designed to help prepare students to become a professional within the health field. This is accomplished through a series of practical experiences, participation in professional organizations, volunteer and service activities, attending workshops, seminars, cooperative activities, community involvement, etc. that actively involve students throughout their senior year. Exercise science majors will finalize materials for their professional development e-portfolio. Artifacts from each of the Exercise Science core classes as well as the professional development experiences should be included in the e-portfolio.

EXE 499 Senior Competency Practicum and Professional Development Course		No credit
Fall and Spring		

The Senior Competency Practicum is designed to help the student grow professionally by applying the knowledge and skills acquired in the major. The student is required to successfully pass either the National Strength and Conditioning Association's Certified Strength and Conditioning Coach® certification, the American College of Sports Medicine Certified Exercise Physiologist certification or a comprehensive practice test for the certifications. Successful completion of the senior competency practicum also meets the professional development course component for the senior year experience.

Kinesiology Course Descriptions

ANAT 210 Applied Human Anatomy		4 credit hours
Fall		Coreq: ANAT 210L

This course is designed to provide students with a systemic approach to the study of the human body with an emphasis on application to human movement. Students will learn an introduction to anatomical terminology followed by the microscopic and gross anatomy of the integumentary, reproductive, immune, digestive, urinary, muscular, skeletal, nervous, endocrine, cardiovascular, and respiratory systems. Designed for students interested in allied healthcare fields. Non-majors are welcome after initial registration. Must be taken concurrently with ANAT 210L

ANAT 210L Applied Human Anatomy Lab		No credit
Fall		Coreq: ANAT 210

Lab component of ANAT 210 Applied Human Anatomy.

ANAT 220 Applied Human Physiology		4 credit hours
Spring	Scientific Thinking exploratory	Prereq: ANAT 210 with a C- or higher Coreq: ANAT 220L

This course is designed to introduce students to the functions of the human body at the chemical, cellular, tissue, organ, and systems level with an emphasis on application to human movement. Study of the musculoskeletal, nervous, cardiovascular, respiratory, digestive, urinary, immune, reproductive, and endocrine systems will be covered. Designed for students interested in allied healthcare fields. Non-majors are welcome after initial registration. Satisfies Scientific Thinking exploratory. Must be taken concurrently with ANAT 220L. Prerequisite: ANAT 210 with a "C-" or higher.

ANAT 220L Applied Human Physiology Lab		No credit
Spring		Prereq: ANAT 210L Coreq: ANAT 220

Lab component of ANAT 220 Applied Human Physiology.

KIN 121 Medical Terminology and Documentation for Allied Health Professions		2 credit hours
Fall		

This course presents a basic study of medical terminology. Prefixes, suffixes, root words, combining forms, special endings, plural forms, abbreviations, and symbols are included in the content. This course is intended to assist those studying in medical and allied health-care fields by learning a system for defining, using, spelling, and pronouncing medical words. Basic principles of documentation and the various forms used by allied health-care professionals are also encompassed in this course. Same as BIO 121.

KIN 300 Topics in Kinesiology		1-3 credit hours

A topic of current interest in kinesiology will be taught. Topics will vary depending on faculty interest. Course will be offered upon the request of faculty member and with approval of the Vice President of Academic Affairs.

KIN 310 Broad Perspective in Sport		3 credit hours
Fall and spring	Comparative Perspectives Exploratory	

This course examines an encompassing perspective of diversity and inclusion within various sport settings. Specifically, the course provides students with an analysis and understanding of the various ways that people within sports can differ and how power differences impact life and sport experiences, opportunities and outcomes. In particular, this class will focus on diversity issues as they relate to race, ethnicity, gender, social class, sexuality, and physical ability/disabilities.

KIN 315 Health/Wellness Trends & Issues in Society		3 credit hours
Fall and spring	Civic Learning Exploratory	

This course provides an up-to-date examination of current trends, issues and practices pertaining to the areas of health and wellness. Emphasis will be placed on interpreting and applying current facts and examining attitudes impacting one's understanding of health and wellness in contemporary society. Various formats of analysis and research will be used to establish how a liberally educated person incorporates inter-disciplinary knowledge to research and offer solutions to a societal health/wellness issue.

SAC 480 Strength and Conditioning Internship I		1 credit hour
Fall, Immersive, and spring		Prereq: EXE 244 and departmental consent

A foundational clinical course designed to provide experience under the direct supervision of a preceptor who is currently a certified strength and conditioning specialist. A demonstration of proficiency in skills coaching lifting technique, testing and evaluation, program design, and facility design. The incorporation of evidence-based practice principles will be emphasized. Students will gain invaluable expertise through a 30 to 270-hour clinical experience, mastering the art of applied strength and conditioning. Students are responsible for costs associated with travel to and from their clinical experiences.

SAC 481 Strength and Conditioning Internship II		1 credit hour
Fall, Immersive, and spring		Prereq: EXE 321 and departmental consent

The clinical course builds on existing experience as a sequel to the foundational clinical course. Elevate your expertise through specialized coaching in lifting techniques, advanced evaluation methods, program design, and facility optimization. With a focus on evidence-based principles, this immersive experience spans 30 to 270 hours, providing an in-depth exploration of applied strength and conditioning. Between SAC 480 and SAC 481 the student will complete 300 total hours as required per CASCE. Please note students are responsible for associated travel costs.

Physical Education Course Descriptions

PED 004 Physical Education Activity		1 activity credit
Fall and Spring		

Participation courses involving a variety of sports and activities. Each course is designed as an introduction to that activity. Course fees may be associated with some activity classes.

PED 009 Intercollegiate Sports		1 activity credit
Fall and Spring		

Students who participate in a varsity sport(s) as a player, manager, cheerleader or dance team member may take PED 009. A student may receive only one credit for a particular sport each academic year.

PED 110 Lifeguard Training		2 credit hours
Spring, on demand		

The American Red Cross Lifeguard Training program provides lifeguards with the skills and knowledge necessary to keep patrons of aquatic facilities safe in and around the water. *Skill Prerequisite: Must be able to swim 300 yards, tread water for 2 minutes, and retrieve a 10lb object from a 7-10 ft. depth in 1 minute, 40 seconds. Course Fee: \$50. Graded Pass/Fail.*

PED 112 Water Safety Instructor		2 credit hours
Fall and Spring, on demand		

The American Red Cross Water Safety Instructor course provides instructor candidates the training needed to teach courses in the American Red Cross Swimming and Water Safety Program by developing their understanding of how to use the course materials, how to conduct training sessions and how to evaluate participants' progress. *Prerequisite: Candidates must be at least 16 years old (proof of age required) by last class session and successfully complete the basic skills test the first night of class. Basic Skills Strokes: Front Crawl, 25 yds.; Back Crawl, 25 yds.; Sidestroke, 25 yds.; Breaststroke, 25 yds.; Elementary Backstroke, 25 yds.; Butterfly, 15 yds. Candidates must also maintain position on back for 1 minute in deep water and tread water for 1 minute.*

PED 115 Officiating in Volleyball		1 credit hour
Fall, on demand		

Responsibilities, mechanics, and techniques of officiating volleyball are learned through practical experience. IHSA certification is available. *Course fee: \$50 (fee also covers PED 116).*

PED 116 Officiating in Basketball		1 credit hour
Spring, on demand		

Responsibilities, mechanics, and techniques of officiating basketball are learned through practical experience. IHSA certification is available. *Course fee: \$50 (fee also covers PED 115).*

PED 234 Introduction to Teaching and Coaching Physical Activities		3 credit hours
Fall, odd academic years		

This course serves as an introduction for students who may enter a profession that includes the teaching and/or coaching of physical activities. Students will be presented with history, philosophies, and principles underlying the current status and nature of physical activity and sport within the school curriculum and society. The course will introduce background information and include discussion on sport psychology, pedagogy, and physiology.

PED 333 Coaching Baseball and Softball		1 credit hour
Fall (first seven weeks)		

A study of offensive and defensive strategies and techniques, practice and game responsibilities, rules and related coaching concepts and ideas are covered. *PED 234 is highly recommended as a prerequisite.*

PED 334 Coaching Basketball		1 credit hour
Spring (second seven weeks)		

A study of individual player's offensive and defensive skills, different offensive and defensive systems of play and other coaching responsibilities. *PED 234 is highly recommended as a prerequisite.*

PED 335 Coaching Football		1 credit hour
Spring (first seven weeks)		

History, rules, offensive and defensive systems of football, current trends, and coaching methods are covered. *PED 234 is highly recommended as a prerequisite.*

PED 336 Coaching Volleyball	1 credit hour
Fall, even academic years (second seven weeks)	

A study of team strategy, systems of play, rules, mechanics of skill development, team selection, practice organization, drills, scouting, and team statistics. *PED 234 is highly recommended as a prerequisite.*

PED 337 Coaching Track and Field	1 credit hour
Spring, even academic years (second seven weeks)	

A study of the coaching techniques for each of the track and field events including the organization and administration of track meets, daily practice structures, and psychology of coaching track and field event competition. *PED 234 is highly recommended as a prerequisite.*

PED 338 Coaching Soccer	1 credit hour
Fall, odd academic years (second seven weeks)	

A study of team strategy, systems of play, rules, mechanics of skill development, team selection, practice organization, drills, scouting, and team statistics. *PED 234 is highly recommended as a prerequisite.*

PED 339 Coaching Swimming	1 credit hour
On demand – Fall or spring (seven weeks)	

This class is designed to teach students how to develop a comprehensive swimming program. Course content will include the practical development of coaching philosophy, swimming skills and progressions, training principles, practice organization, fundamentals of diving and how to develop an overall season plan. The course will also include an introduction to swimming software.

PED 480 Coaching Practicum	1-2 credit hours
Fall, Immersive, Spring	Prereq: departmental consent

Previous course content is integrated into a practical experience in a coaching setting.

Sports and Fitness Management Course Descriptions

SFM 110 Introduction to Sports Management	2 credit hours
Fall	

This introductory course offers a comprehensive exploration of the dynamic field of sports management. Students will delve into the multifaceted aspects of the sports industry, gaining foundational knowledge and insights into the managerial, administrative, and organizational principles essential for success in this thriving domain. Students will explore the essentials of sports and event management, leadership dynamics, and various career trajectories.

SFM 210 Sports Ethics and Risk Management	2 credit hours
Spring	

This course surveys the ethical considerations and risk mitigation strategies within the realm of sports. Students will examine complex ethical dilemmas inherent in athletic competition and learn to navigate risk factors affecting athletes, organizations, and stakeholders. This course equips students with the ethical frameworks and risk assessment tools essential for responsible decision-making in the sports industry.

SFM 410 Sports & Fitness Management Research & Business Plans		1 credit hour
Spring		

Students will advance through crafting comprehensive business strategies tailored to the sports and fitness industry. Through hands-on benchmarks and researching case studies, students develop detailed business plans, covering aspects like market analysis, financial projections, and operational frameworks specific to this dynamic sector. This course equips aspiring entrepreneurs and managers with the strategic understanding essential for success in sports and fitness management ventures.

SFM 483 Event Management Practicum		1-4 credit hours

This practicum offers a hands-on learning experience where students immerse themselves in the sports- or fitness-related field. Through real-world engagements, students gain practical insights into planning, organizing, and executing diverse events. Students will gain experience, skills, and knowledge essential for success in the dynamic field of event management.

SFM 489 Senior Experience		4-12 credit hours

Sports and Fitness Management majors will engage in a semester-long, immersive term, or summer internship, satisfying their senior year's essential professional development element. To initiate the process, students are required to meet with the internship coordinator to acquire the internship application, followed by obtaining the necessary signatures from a faculty member and their advisor for add/drop procedures.

SFM 498 Professional Development Portfolio		No credit
Fall and Spring		Prereq: Senior status

The course is designed to help prepare students to become a professional within the sports and fitness management field. This is accomplished through a series of practical experiences, participation in professional organizations, volunteer and service activities, attending workshops, seminars, cooperative activities, community involvement, etc. that actively involve students throughout their senior year. SFM majors will finalize materials for their professional development e-portfolio.

SFM 499 Senior Competency Practicum and Professional Development Course		No credit
Fall and Spring		

The Senior Competency Practicum is designed to help the student grow professionally by applying the knowledge and skills acquired in the major.