

# Exercise Science (EXS)

## Exercise Science (EXS)

The Exercise Science associate's degree program provides fundamental and theoretical knowledge and skills in the science of human movement. Course work includes anatomy and physiology, exercise physiology, health and wellness principles, exercise programming, and emergency procedures.

Students in the Exercise Science program complete the Personal Fitness Trainer Certificate (<http://catalog.cincinnati.edu/archives/2022-2023/academicdivisionsanddegreeampcertificateprograms/healthandpublicsafetydivision/healthandfitnessstechnologyhft/pftc/>) (or may complete this certificate prior to starting the associate's degree), and also complete one or more additional certificates: Corrective Exercise Specialist (<http://catalog.cincinnati.edu/archives/2022-2023/academicdivisionsanddegreeampcertificateprograms/healthandpublicsafetydivision/healthandfitnessstechnologyhft/cesc/>), Group Fitness Instructor (<http://catalog.cincinnati.edu/archives/2022-2023/academicdivisionsanddegreeampcertificateprograms/healthandpublicsafetydivision/healthandfitnessstechnologyhft/gfic/>), Health and Fitness Special Populations (<http://catalog.cincinnati.edu/archives/2022-2023/academicdivisionsanddegreeampcertificateprograms/healthandpublicsafetydivision/healthandfitnessstechnologyhft/hfspc/>), or Yoga Teacher Training (<http://catalog.cincinnati.edu/archives/2022-2023/academicdivisionsanddegreeampcertificateprograms/healthandpublicsafetydivision/healthandfitnessstechnologyhft/yic/>).

Graduates of the Exercise Science program are prepared to transfer to a bachelor's degree program or enter the work force in a fitness and health field with the ability to motivate clients, adapt exercises to client needs, and monitor the safety and progress of clients.

For more information, please contact the Health and Public Safety Division at (513) 569-1670.

To apply for this program at Cincinnati State, visit the Admissions (<http://www.cincinnati.edu/academics/admission/>) section of the College website.

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Semester 1		Lec	Lab	Credits
FYE XXX First Year Experience Elective (B)				
EMS 100	CPR and First Aid for the Health Care Professional (B)	1	0	1
EXS 130	Foundations of Health and Wellness Programs (B)	2	2	3
EXS 151	Principles of Exercise Assessment and Prescription (T)	2	2	3
DT 120	Nutrition for a Healthy Lifestyle (B)	3	0	3
ENG 101	English Composition 1 (G)	3	0	3

Semester 2				
EXS 152	Exercise Programming (T)	2	2	3
EXS 156	Establishing a Personal Training Business (T)	3	0	3
EXS 182	Personal Fitness Trainer Practicum (T)	1	7	2
EXS 255	Anatomical Kinesiology (T)	3	0	3
PE 132	Resistance and Cardiorespiratory Training (B)	0	2	1
COMM 1XX	Communication Elective (B)	3	0	3
Semester 3				
BIO 151	Anatomy and Physiology 1 (G)	3	2	4
MAT 105	Quantitative Reasoning (G)	2	2	3
ENG 10X	English Composition Elective (G)	3	0	3
Semester 4				
EXS 250	Exercise Physiology (T)	3	2	4
BIO 152	Anatomy and Physiology 2 (B)	3	2	4
PSY 110	Introduction to Psychology (G)	3	0	3
EXS XXX	Exercise Science Elective 1 (T)	3	0	3
Semester 5				
EXS 294	Internship: Exercise Science (T)	1	40	2
EXS 260	Exercise Science Program Design (T)	2	2	3
EXS XXX	Exercise Science Elective 2 (T)	3	0	3
PE XXX	Physical Education Elective (T)	0	2	1
<b>Total</b>		<b>49</b>	<b>67</b>	<b>61</b>
<b>Credits:</b>				

## Electives

### English Composition Elective

ENG 102	English Composition 2: Contemporary Issues (Health Fitness for Special Populations)	3
ENG 103	English Composition 2: Writing about Literature	3
ENG 104	English Composition 2: Technical Communication	3
ENG 105	English Composition 2: Business Communication	3

### Communication Elective

COMM 105	Interpersonal Communications	3
COMM 110	Public Speaking	3

### Physical Education Electives (1 credit hours required)

Any PE		1
<b>Exercise Science Elective (6 credit hours required)</b>		
Corrective Exercise Specialist Certificate (CESC)		
EXS 251	Corrective Exercise Specialist	2
Group Fitness Instructor Certificate (GFIC)		
EXS 122	Group Fitness Instructor	4
Health & Fitness Special Populations Certificate (HFSPC)		
EXS 164	Health and Fitness Across the Life Span 1	3
EXS 168	Health and Fitness Across the Life Span 2	3
Yoga Teacher Training Certificate (YIC)		
EXS 118	Yoga Teacher Training 1	3
EXS 119	Yoga Teacher Training 2	3
EXS 184	Yoga Internship	1
EXS 185	Yoga Internship 2	2
Dietetic Technology Elective		
DT 135	Sports Nutrition	3

Some courses are offered in alternative versions identified with a letter after the course number-- for example, ENG 101 and ENG 101A.

- This curriculum displays only course numbers without the added letter.
- The alternative version, when available, meets the requirements of the course version without the added letter.

The letters G, B, and T (displayed after course titles or elective descriptions) identify types of courses required by the Ohio Department of Higher Education as part of an associate's degree curriculum.

G = General Education course in this curriculum

B = Basic Skills course in this curriculum

T = Technical course in this curriculum

## Health and Fitness Technology (HFT)

- Demonstrate an understanding of basic human anatomy and physiology.
- Explain fitness and wellness concepts and the relationship between physical activity and good health.
- Assess the health status of exercise participants using appropriate screening tools.
- Conduct valid and reliable fitness assessments to facilitate effective program design.
- Design safe and effective exercise programs based on scientific principles that will achieve individual fitness goals.
- Demonstrate a variety of safe and effective exercises.
- Effectively communicate with clients, fitness professionals, and other health care providers.

## Faculty

### Program Chair/Advisor (All Health & Fitness programs)

Melinda (Mindy) Piles, MEd, ACSM EP-C, CPT  
melinda.piles@cincinnatistate.edu

## Health and Public Safety Division Advising

Call (513) 569-1670 or Text (513) 569-1600

## Courses

### EXS 118 Yoga Teacher Training 1

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course that prepares students for National Yoga Alliance Certification. Topics include: building a personal practice, instructional concepts, safety guidelines, modifications for special populations, physical anatomy, and yoga techniques and practices.

Prerequisites: Admitted to the Yoga Teacher Training Certificate program

### EXS 119 Yoga Teacher Training 2

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A continuation of EXS 118 that prepares students for National Yoga Alliance Certification. Topics include: guidelines, modifications for special populations, anatomy, and yoga techniques and practices.

Prerequisites: EXS 118

Corequisites: EXS 184: Yoga Internship

### EXS 122 Group Fitness Instructor

**4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course that prepares students for the American Council on Exercise National Group Fitness Instructor Examination. Topics include: communication skills, instructional concepts, effective exercise design, choreography, safety guidelines, and modifications for special populations.

Prerequisites: Admitted to the Group Fitness Instructor Certificate program

### EXS 130 Foundations of Health and Wellness Programs

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on developing fitness and wellness programs for individuals and groups, emphasizing disease prevention and health promotion.

Topics include: fitness testing for each fitness component, behavior modification, nutrition, stress management, addictions, sexually transmitted disease, and chronic disease.

Prerequisites: FYE 120 or placement into ENG 101, and MAT 093 or MAT 105A or appropriate Math placement (minimum grade C for both)

### EXS 151 Principles of Exercise Assessment and Prescription

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on techniques used in the personal training fitness field.

Topics include: the body's response to exercise, screening and consultation guidelines, dietary principles, and communication and documentation.

Prerequisites: FYE 120 or placement into ENG 101, and MAT 093 or MAT 105A or appropriate Math placement (minimum grade C for both), and admitted to the Personal Fitness Trainer Certificate program

Corequisites: EXS 130: Foundations of Health and Wellness Programs  
Instructor Consent Required

### EXS 152 Exercise Programming

**3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A continuation of EXS 151 that prepares students for the American Council on Exercise National Certified Personal Trainer Exam. Topics include: applying exercise principles, using therapeutic exercise, working with special populations, understanding legal issues, and analyzing and evaluating fitness techniques.

Prerequisites: EXS 151 (minimum grade C)

**EXS 156 Establishing a Personal Training Business****3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on strategies for promoting personal training services and establishing a client base. Topics include: using resources to build a client base, applying sales processes, networking, analyzing needs, and handling objections.

Prerequisites: EXS 151 (minimum grade C)

Corequisites: EXS 152, EXS 182

**EXS 164 Health and Fitness Across the Life Span 1****3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on the impact of exercise on quality of life for older adults and those with chronic health conditions/diseases. Topics include:

American College of Sports Medicine guidelines for testing and exercise prescription, and the effects of the aging process and chronic conditions on exercise performance and fitness program development.

Prerequisites: EXS 130 (minimum grade C), and admitted to the Health and Fitness Special Populations Certificate program

**EXS 168 Health and Fitness Across the Life Span 2****3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on the national guidelines for youth fitness/physical activity and exercise programming throughout a woman's life stages. Topics include: program design; childhood obesity; the role of school, family, and community in youth fitness; cultural and gender differences affecting fitness; and women's life stages (adolescence, prenatal, menopause) and conditions that affect exercise.

Prerequisites: EXS 130 (minimum grade C)

Instructor Consent Required

**EXS 182 Personal Fitness Trainer Practicum****2 Credits. 1 Lecture Hour. 7 Lab Hours.**

Students apply personal fitness training knowledge and skills in a health and fitness setting by observing and assisting with classes taught by a professional personal fitness trainer.

Prerequisites: EXS 151 (minimum grade C) and EMS 100

Corequisites: EXS 152

**EXS 184 Yoga Internship****1 Credit. 0 Lecture Hour. 4 Lab Hours.**

Students apply yoga knowledge and skills in a practice setting by observing and assisting in classes taught by a certified Yoga Instructor.

Prerequisites: EXS 118 and admitted to the Yoga Teacher Training Certificate program

**EXS 185 Yoga Internship 2****2 Credits. 1 Lecture Hour. 2 Lab Hours.**

Students apply yoga knowledge and skills in a practice setting by observing and assisting in classes taught by a certified Yoga Instructor.

Prerequisites: EXS 118 and EXS 184

Corequisites: EXS 119

**EXS 191 Part-Time Cooperative Education: Exercise Science****1 Credit. 1 Lecture Hour. 20 Lab Hours.**

Students seeking an associate's degree participate in their first part-time field learning experience related to their degree. Students are expected to register for academic courses during the same semester. Students must follow cooperative education policies and procedures to earn credit. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: EXS 250 and EMS 100 (minimum grade C for both), and instructor consent

Corequisites: EXS 260

Instructor Consent Required

**EXS 250 Exercise Physiology****4 Credits. 3 Lecture Hours. 2 Lab Hours.**

A course on the human body's response and adaptations to exercise and physical training. Topics include: the influence of exercise on body systems, optimal physiological adaptations for improving fitness and performance, and testing and programming related to exercise and fitness.

Prerequisites: BIO 151 and ENG 101 and EXS 130 and MAT 105 (minimum grade C for all), and instructor consent

Instructor Consent Required

**EXS 251 Corrective Exercise Specialist****2 Credits. 1 Lecture Hour. 2 Lab Hours.**

A course that prepares experienced fitness trainers/instructors to successfully prevent injuries and recondition clients of all levels, and to take the National Academy of Sports Medicine Corrective Exercise Specialist exam. Topics include: fundamentals of corrective exercise, and developing and implementing integrated strategies to improve common movement impairments.

Prerequisites: Currently enrolled in EXS 152, or earned Cincinnati State certificate in Personal Fitness Trainer or Group Fitness Instructor, or have a comparable current national accreditation or certification

Instructor Consent Required

**EXS 255 Anatomical Kinesiology****3 Credits. 3 Lecture Hours. 0 Lab Hour.**

A course on principles of human anatomy and motion as they relate to physical activity and skill performance. Topics include: the function of the skeletal, muscle, and nervous systems in generation and maintenance of human movement.

Prerequisites: EXS 130 (minimum grade C)

**EXS 260 Exercise Science Program Design****3 Credits. 2 Lecture Hours. 2 Lab Hours.**

A course on skills for identifying, assessing, designing, promoting, implementing, and evaluating programs for health and fitness in various settings. Topics include: needs assessment, funding, marketing, and using tools for evaluating program outcomes. Students in the course plan and deliver fitness classes.

Prerequisites: EXS 250 (minimum grade C)

Corequisites: EXS 294 or EXS 191

**EXS 294 Internship: Exercise Science****2 Credits. 1 Lecture Hour. 40 Lab Hours.**

Students seeking an associate's degree participate in an unpaid field learning experience related to their degree. Students must follow applicable policies and procedures to earn credit. Grades issued are Satisfactory or Unsatisfactory.

Prerequisites: EXS 250 and EMS 100 (minimum grade C for both), and instructor consent

Corequisites: EXS 260

Instructor Consent Required