

## INTRO TO EXERCISE SCIENCE

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**EXS 101****Intro to Exercise Science****2.0 UNITS**

This course provides an overview of exercise physiology, sport and exercise psychology, biomechanics, motor behavior, sociocultural aspects of sport and exercise, sports nutrition, and other related topics. Various aspects of careers, requirements for advanced study and learning, certifications, and license necessary for professions in Exercise Science fields are explored.