School of Nursing and Health Professions Syllabus

HUDSON COUNTY COMMUNITY COLLEGE

HUDSON is HOME!

Term: **Credits: 2**

Course Code: EXS 101

Title of Course: Intro to Exercise Science

Days & Times:

Location:

Instructor:

Office Hours:

Office Location:

Email:

Phone:

Prerequisites: ENG 101

COURSE DESCRIPTION:

This course provides an overview of exercise physiology, sport and exercise psychology, biomechanics, motor behavior, sociocultural aspects of sport and exercise, sports nutrition, and related topics. Various aspects of careers, requirements for advanced study and learning, certifications, and license necessary for professions in the Exercise Science fields are explored. There are eleven specific areas of exploration in this course: An Introduction to Exercise Science, Reading and Interpreting Literature in Exercise Science, Measurement in Exercise Science, Anatomy in Exercise Science, Exercise Physiology, Exercise Epidemiology, Athletic Training, Sport Nutrition, Biomechanics, Motor Control, and Sport Psychology. Each area focuses on the area of study, technology, certifications, professional associations, and career opportunities. Students develop an appreciation for the history of, as well as current and future trends in exercise science. In some areas, in-class, appropriate labs are used for a hands-on experience

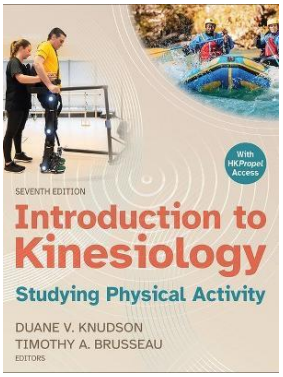
STUDENT LEARNING OUTCOMES:

Upon successful completion of this course, students will be able to:

1. Describe potential careers and opportunities in exercise science related fields.
2. Explain the requirements needed for advanced study in the field of exercise sciences and other allied health professions.
3. Identify the scientific bases underlying many health professions.
4. Identify the legal implications and responsibilities of the various professions in Exercise Science.
5. Apply the basic tools and procedures used to assess exercise capacity and health risk.
6. Explain the benefits of regular exercise and physical training.

TEXTBOOK REQUIRED:

- Knudson, D.V. and Brusseau, T. A. (2026). Introduction to Kinesiology 7th Ed. Champaign, IL: Human Kinetics. ISBN: 9781718237810



EVALUATION METHODS:

- **Professional Interview** **20%**
- **Career Chart** **20%**
- **Midterm Exam** **20%**
- **Final Exam** **20%**
- **Participation** **10%**
- **Weekly Assignments** **10%**

WEEKLY OUTLINE:

Week	Topic	Learning Outcomes (L.O)
1	Course Syllabus & Intro to Kinesiology	
2	Physical Activity Experience	**SLO 5**
3	Becoming a Physical Activity Professional	**SLO 1**
4	Careers in Health & Fitness	**SLO 2**
5	Careers in Medicine and Allied Health	**SLO 2**
6	Careers in Teaching Physical Education	**SLO 3**
7	Careers in Coaching & Sport Instruction	**SLO 3**
8	History of Physical Activity	**SLO 6**
9	Sociology of Physical Activity	**SLO 6**

10	Sport & Exercise Psychology	**SLO 4**
11	Guest Speaker/Make-Up Day	
12	Motor Behavior	**SLO 5**
13	Biomechanics	**SLO 4**
14	Physiology of Physical Activity	**SLO 6**
15	**Final Exam**	**Final Exam**

HCCC POLICIES, STATEMENTS, AND SERVICES:

https://www.hccc.edu/administration/academic-affairs/syllabus-addendum.html