

IMPORTANT UNDERGRADUATE PROGRAM COURSE CHANGES

Changes to EXSS 175 and 276:

Through discussion with the Exercise and Sport Science (EXSS) faculty, student surveys and review of comparable programs. The EXSS department has decided to transition EXSS 175 Human Anatomy and EXSS 276 Human Physiology to a combined approach in which the courses will be taught by introducing the anatomy of the system and the physiology of that system. The content of both courses together will be the same, the order of delivery will be changing. The new numbers for EXSS 175 and 276 will be 155 and 256 respectively and they will be titled Anatomy and Physiology I and II. Because of the change there will need to be a phasing out of the old courses and a phasing in of the new. Below is a chart of that phase plan. EXSS 175 will not be taught after Spring 2023 and 276 will not be taught after Spring 2024.

Semester	Courses offered
Sp 2023	175, 276
Fall 2023	155, 276
Sp 2024	155, 256, 276

Changes to EXSS 224:

The number for EXSS 224 has changed to EXSS 424.

New Course Addition:

EXSS 433 Exercise Techniques

This course is targeted towards Exercise and Sport Science Fitness Professional majors or anyone interested in a career involving exercise leadership. It is an elective course for all students who have completed the prerequisite (EXSS 155 (175) and EXSS 256 (276)).

COURSE GOALS AND LEARNING OBJECTIVES

Course Goal	Mediating Goals (Standards/Outcomes)	Foundational Goals (Lesson Objectives)
Students will lead/coach a group of individuals toward movement proficiency in common athletic-based exercises*	Perform common athletic-based resistance training movements at a higher stage of learning (associative / autonomic) with the goal of exhibiting consistent performance and few errors.	Detect errors visually and kinesthetically; correct their own movement errors or use modifications;
	Safely lead/coach a single individual to perform common athletic-based resistance training movements at a higher stage of learning (**associative / autonomic) with the goal of exhibiting consistent performance and few errors	Detect errors visually; give an individual appropriate cueing or exercise modifications; spot free-weight exercises correctly.
	Safely lead/coach a group of individuals to perform common athletic-based resistance training movements with consistency and few errors	Command a group; detect errors of the group visually; enforce correct spotting; give the group appropriate cueing & individual exercise modification.