EXERCISE SCIENCE LAB (EXL)

Courses

EXL 262. Biomechanics Lab. 1 Credit.
Students will develop a fundamental understanding of basic principles of biomechanics related to selected mechanical and anatomical laws of motion through hands-on laboratory experiences and data collection. Analysis of force, motion, muscle activation, balance and stability and structural alignment will be applied to functional exercise and sport-related activities.
Pre / Co requisites: EXL 262 requires prerequisites of PHY 100 or PHY 130 and BIO 259.
Corequisite: EXS 262.
Typically offered in Fall & Spring.

EXL 380. Exercise Physiology Lab. 1 Credit.
This one credit laboratory course will enable the student to learn from both "hands-on" and computer simulated experiences. In both cases, reinforcing and illuminating concepts and physiological principles introduced in the EXS 380 lecture class.
Pre / Co requisites: EXL 380 requires prerequisite BIO 269 and EXS 180 and COREQ: EXS 380.
Typically offered in Fall & Spring.