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.