

# EXL: EXERCISE SCIENCE LAB

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*College of Health Sciences*

## Courses

### **EXL 362. Biomechanics Laboratory. 1 Credit.**

This laboratory course will enable the student to learn from both "hands-on" and computer simulated experiences. In both cases, reinforcing and illuminating concepts and biomechanical principles introduced in EXS 362 (lecture class).

Pre / Co requisites: EXL 362 requires prerequisites of PHY 100 OR PHY 130 and EXS 223; and a corequisite of EXS 362.

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 prerequisites of BIO 269 and EXS 180 and a corequisite of EXS 380.

Typically offered in Fall, Spring, Summer, Winter.

### **EXL 381. Fitness Assessment - Exercise Prescription Lab. 1 Credit.**

Designed to prepare students to assess the physical fitness levels of healthy adults. Hands on experiences in measuring critical physiological variables as well as the following physical fitness components: cardiovascular endurance, muscular strength, muscular endurance, flexibility, balance and body composition. Students will have practice in interviewing clients and working with subjects performing physical activity.

Pre / Co requisites: EXL 381 requires prerequisites of EXS 380, EXL 380, and current CPR certification; and a co-requisite of EXS 381.

Typically offered in Fall, Spring & Summer.

### **EXL 482. Strength Training and Conditioning Laboratory. 1 Credit.**

This laboratory course will apply and reinforce strength and conditioning principles and concepts from EXS 482 and enable students to learn from hands-on experience. This course, along with EXS 482, will serve as a partial preparation for the CSCS exam.

Pre / Co requisites: EXL 482 requires prerequisites of EXS 362, EXL 362, EXS 380, and EXL 380. EXL 482 requires a corequisite of EXS 482.

Typically offered in Fall, Spring, Summer, Winter.

### **EXL 489. Clinical Exercise Testing and Interpretation Laboratory. 1 Credit.**

This laboratory course will enable the student to learn from both "hands-on" and computer simulated experiences. In both cases, reinforcing and illuminating concepts and clinical exercise principles introduced in EXS 489 (lecture class). Students will learn how to administer graded exercise tests, take blood pressure and heart rate measurements during exercise, administer and interpret standard resting and exercise 12-lead electrocardiograms at a fundamental level, and how to properly prescribe exercise based on test results and using metabolic calculations.

Pre / Co requisites: EXL 489 requires prerequisites of EXS 381 and EXL 381 and a corequisite of EXS 489.

Typically offered in Fall, Spring & Summer.