



**KENTUCKY STATE
UNIVERSITY**

EXERCISE SCIENCE

EXC 101: Volleyball

Fundamental skills, techniques, terminology, and rules of volleyball. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 102: Basketball

Fundamental skills, techniques, terminology, and rules of basketball. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 103: Football (Flag)

Fundamental skills, techniques, terminology, and rules of flag football. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 104: Softball

Fundamental skills, techniques, terminology, and rules of softball. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 105: Soccer

Fundamental skills, techniques, terminology, and rules of soccer. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 109: Beginning Swimming

Designed to teach students basic skills in swimming, diving, and water safety. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 110: Beginning Tennis

Fundamental skills, techniques, terminology, and rules of tennis. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 111: Track and Field

Fundamental skills, techniques, terminology, and rules of track and field. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 112: Badminton

Fundamental skills, techniques, terminology, and rules of badminton. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 113: Golf

Fundamental skills, techniques, terminology, and rules of golf. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 115: Archery

Fundamental skills, techniques, terminology, and rules of archery. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 116: Racquetball

Fundamental skills, techniques, terminology, and rules of racquetball. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 117: Bowling

Fundamental skills, techniques, terminology, and rules of bowling. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 118: Body Conditioning Phys Fitness

Designed to help the student understand the basis of physical fitness and develop a systematic program of exercise. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 119: Yoga

Exercise method utilized to increase coordination, concentration, flexibility, strength, and stamina in localized muscle groups of the body.

Credit Hours: 1

Contact Hours: 1

EXC 120: Gymkhana Performance Class

This course offers beginning and advanced gymnastics. Open to all non-physical education majors. (Maybe repeated for credit)

Credit Hours: 1

Contact Hours: 1

EXC 121: Karate I

An introduction to physical and metaphysical aspects of the art of self defense, meditation, and relaxation. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 122: Karate II

An advanced course for students who are serious about the pursuit of the martial arts. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 123: Aerobic Dance I

Designed to improve the cardiovascular system and to promote an understanding of aerobics in the prevention of heart disease. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 124: Aerobic Dance II

Assists students in determining their level of cardiovascular fitness and in designing a personal aerobics program. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 125: Team Sports I

The student will be exposed to the fundamental skills, techniques, and rules of volleyball, basketball, and football. (two labs per week.)

Credit Hours: 1

Contact Hours: 1

EXC 126: Team Sports II

Fundamental skills, techniques, terminology, strategy and rules of soccer, softball, and track will be addressed during the class setting. (Two hours of lab per week)

Credit Hours: 1

Contact Hours: 1

EXC 127: Individual Sports

Fundamental skills, techniques, terminology, strategy of tennis, archery and badminton will be addressed during the class setting. (Two hours of lab per week)

Credit Hours: 1

Contact Hours: 1

EXC 128: Individual Sports II

Fundamental skills, techniques, terminology, strategy and rules of golf, racquetball, and field will be addressed during the class setting. (Two hours of lab per week)

Credit Hours: 1

Contact Hours: 1

EXC 131: Alpine Skiing

An individualized Alpine Skiing course taught by Certified Ski School instructors on the staff at SKI Butler. Individualized instruction at beginner, intermediate, advanced, and competition levels.

Credit Hours: 1

Contact Hours: 1

EXC 145: Interm Tennis

Review of beginning tennis skills. Emphasis on strategy and improvement of skills. (Two labs per week)

Prerequisite: PHE 110

Credit Hours: 1

Contact Hours: 1

EXC 200: Lifelong Leisure Activities

Designed to teach basic skills related to water activities, golf, and bowling.

Prerequisite: PHE 109 or consent of instructor

Credit Hours: 2

Contact Hours: 2

EXC 201: Team Sports Volleyball

Designed to expose the student to intermediate techniques of performance, and teaching techniques of volleyball. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 202: Team Sports Basketball

Designed to expose the student to intermediate techniques of performance, and teaching techniques of basketball. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 203: Team Sports Football

Designed to expose the student to intermediate techniques of performance, and teaching techniques of flag football. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 2

EXC 204: Team Sports Softball

Designed to expose the student to intermediate techniques of performance, and teaching techniques of softball. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 205: Team Sports Soccer

Designed to expose the students to intermediate techniques of performance, and teaching techniques of soccer. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 209: Beginning Swimming

Designed to teach students basic skills in swimming, diving, and water safety. Either from the educational or recreational setting. Education majors will develop activity appropriate lesson plans.

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 210: Individual Sports Tennis

Designed to expose the students to intermediate techniques of performance, and teaching techniques of tennis. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 211: Individual Sports Track and Fi

requisite: Physical Education major. Designed to expose the students to intermediate techniques of performance, and teaching techniques of track and field. (One lecture, one lab per week)

Credit Hours: 1

Contact Hours: 1

EXC 212: Individual Sports Badminton

Designed to expose the students to intermediate techniques of performance, and teaching techniques of badminton. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 213: Individual Sports Golf

Designed to expose the students to intermediate techniques of performance, and teaching techniques of golf. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 215: Team Sports Concepts

Includes safety precautions, repairing and ordering equipment, coaching positions, shooting techniques, history of archery, tournament regulations and terminology utilized.

Prerequisite: Physical Education major

Credit Hours: 2

Contact Hours: 2

EXC 216: Individual Sports Concepts

Designed to expose students to intermediate and advanced techniques of performance and teaching strategies utilized in racquetball.

Prerequisite: Physical Education major

Credit Hours: 2

Contact Hours: 2

EXC 218: Teach Body Conditioning

Designed to expose the students to intermediate techniques of performance, and teaching techniques of body conditioning and physical fitness. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 219: Yoga

The course is designed to expose students to intermediate and advanced techniques of performance and teaching strategies utilized in Yoga. (One lecture, one lab per week)

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 220: Gymkhana Performance Class

requisite: Physical Education major. This course offers beginning and advanced gymnastics. (Maybe repeated for credit)

Credit Hours: 1

Contact Hours: 1

EXC 221: Karate I

Designed to expose students to intermediate and advanced techniques of performance and teaching strategies utilized in Karate.

Prerequisite: Physical Education major

Credit Hours: 1

Contact Hours: 1

EXC 222: Karate II

An advanced course designed for students who wish to advance to different belt levels.

Prerequisite: PHE 221

Credit Hours: 1

Contact Hours: 1

EXC 225: Team Sports I

Designed to expose the student to intermediate techniques of performance, teaching and assessment techniques of volleyball, basketball, and football. (Two labs per week)

Prerequisite: Physical Education Major

Credit Hours: 1

Contact Hours: 1

EXC 226: Team Sports II

The student will be exposed to fundamental skills, techniques, terminology strategy and rules of soccer, softball, and track during the class setting. The student will also be exposed to the methods of teaching and assessment in the activities. (Two hours of lab per week)

Prerequisite: Physical Education Major

Credit Hours: 1

Contact Hours: 1

EXC 227: Individual Sports I

The student will be exposed to fundamental skills, techniques, terminology, strategy of tennis, archery and badminton. The methods of teaching and assessment will also be addressed in the class setting. (Two hours of lab per week)

Prerequisite: Physical Education Major

Credit Hours: 1

Contact Hours: 1

EXC 228: Individual Sports II

The student will be exposed to fundamental skills, techniques, terminology, strategy and rules of golf, racquetball, and field will be addressed during the class setting. The student will be exposed to the methods of teaching and assessment also in the activities. (Two hours of lab per week)

Prerequisite: Physical Education Major

Credit Hours: 1

Contact Hours: 1

EXC 240: Intermediate Swimming

Review of beginning swimming skills. Instruction in techniques of all strokes useful to recreational swimming. (Two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 257: Elementary Rhythmic Dance Act

Designed to expose the prospective teacher to a variety of rhythmic and dance activities. (One lecture, one lab per week)

Credit Hours: 1

Contact Hours: 1

EXC 259: Move Gym Act Elementary Act

Designed to expose the prospective teacher to a variety of movement, gymnastic apparatus, stunt and tumbling activities. (One lecture, two labs per week)

Credit Hours: 1

Contact Hours: 1

EXC 299: Sports Concepts

Credit Hours: 3

Contact Hours: 3

EXC 301: Human Anat For Phys/Edu Sport

This course is designed to expose physical education majors to the muscular, skeletal, circulatory, and respiratory systems of the body and the relationship of those systems to physical education and sport.

Prerequisite: BIO 111 and Physical Education major

Credit Hours: 3

Contact Hours: 3

EXC 302: Human Phys for Physical Edu &

A course in human physiology for physical education students. The following systems will be covered: nervous system, cardiovascular system, lymphatic system, respiratory system, digestive system, temperature regulation, and the reproductive system. Credit: 4 semester hours.

Prerequisite: BIO 111 and physical education major

Credit Hours: 4

Contact Hours: 4

EXC 310: Army Fitness Program

Designed to help students understand and participate in a physical fitness training program. (Three labs per week)

Credit Hours: 2

Contact Hours: 2

EXC 320: Adapted Physical Education

erequisite: PHE 331. Designed to familiarize students with conditions that limit individual participation in physical activity. (Two lectures, one lab per week; six hours of observation)

Credit Hours: 3

Contact Hours: 3

EXC 323: Intro to Exercise Science

An introduction to the historical, philosophical, biological, physiological, sociological, and political principles of physical education and sports. (Three lectures per week)

Credit Hours: 3

Contact Hours: 3

EXC 324: Sports Injury Prevention/Care

Designed to introduce the student to sports medicine. Laboratory experience is provided. (Two lectures, one lab per week)

Prerequisite: PHE 301

Credit Hours: 3

Contact Hours: 3

EXC 330: Physiology of Exercise

Designed to present the physiological effects of exercise on the various body systems. (Two lectures, two labs per week)

Prerequisite: PHE 301

Credit Hours: 4

Contact Hours: 4

EXC 331: Kinesiology Biomechanics

Designed to provide an understanding of the anatomical and mechanical aspects of human movement. (Three lectures, one lab per week)

Prerequisite: PHE 301

Credit Hours: 4

Contact Hours: 4

EXC 332: Motor Develop Motor Learning

Introduces students to major concepts of motor development and motor learning. Includes application of these concepts to the teaching of motor skills.

Prerequisite: PSY 303

Credit Hours: 3

Contact Hours: 3

EXC 333: Psycho Socio Aspects of Sports

Aids the prospective teacher/coach to understand and apply the psychological and sociological concepts of sports and physical activity in the learning environment.

Prerequisite: PSY 200 or SOC 203

Credit Hours: 3

Contact Hours: 3

EXC 334: Princ of Strength/Conditioning

This course examines the scientific theories and principles of the physical conditioning process. Emphasis is placed on the design and implementation of effective strength and conditioning programs for enhanced health and fitness. Credit: 3 semester hours.

Credit Hours: 3

Contact Hours: 3

EXC 340: Sports Marketing

This course helps students gain a deeper understanding of sport marketing by examining in-depth the sport marketing mix of product, price, place, and promotion as well as marketing research, marketing strategy, market segmentation, branding, sponsorships, licensing venue and event marketing, global sport marketing, and public relations.

Credit Hours: 3

Contact Hours: 3

EXC 345: Sports Communication

This course is designed to give provide students with an overview of the field of sport communication; specific topics include models of sport communication, print and electronic media, sport advertising, public relations, media relations, and employment opportunities.

Credit Hours: 3

Contact Hours: 3

EXC 351: Lifeguard Training

Leads to certification by the American Red Cross. (Two labs per week)

Prerequisite: CPR Certification, HED 107, and PHE 240 or comparable skills

Credit Hours: 2

Contact Hours: 2

EXC 352: Water Safety Instructor

Training in teaching swimming. American Red Cross Water Safety Instructor certification upon successful completion. (Two labs per week)

Prerequisite: PHE 240 or comparable skills

Credit Hours: 2

Contact Hours: 2

EXC 355: Sports Officiating

Intensive study of playing rules, rule interpretation, and techniques and mechanics of officiating. (Two lectures, one lab per week)

Credit Hours: 2

Contact Hours: 2

EXC 360: Economics/Governance in Sports

This course provides and in-depth analysis of the history, development and organizational structures of the agencies that govern sport. This course also examines the financial aspects of sport and how sport affects the economy.

Credit Hours: 3

Contact Hours: 3

EXC 370: Sport and Society

This course focus on the enormous impact sports has played and continues to play in society, with and emphasis on U.S. society.

Credit Hours: 3

Contact Hours: 3

EXC 371: Sports Facility/Event Manageme

This course is designed to give students information and knowledge on the operational and management of athletic and recreational facilities.

Credit Hours: 3

Contact Hours: 3

EXC 380: Coaching Competitive Athletics

Introduction to the theories and practices pertaining to athletic performance and athletic management for coaching. (Two lectures per week)

Credit Hours: 2

Contact Hours: 2

EXC 381: Coaching Volleyball/Basketball

Theory, strategy, and mechanics of coaching volleyball and basketball. (Two lectures per week)

Credit Hours: 2

Contact Hours: 2

EXC 382: Coaching Track/Field Events

Theory, strategy, and mechanics of coaching track and field events. (Two lectures per week)

Credit Hours: 2

Contact Hours: 2

EXC 383: Coaching Soccer/Football

Theory, strategy, and mechanics of coaching soccer and football. (Two lectures per week)

Credit Hours: 2

Contact Hours: 2

EXC 384: Coaching Baseball/Softball

Theory, strategy, and mechanics of coaching baseball and softball. (Two lectures per week)

Credit Hours: 2

Contact Hours: 2

EXC 389: Legal Aspects of Coaching

Provides the student with knowledge and understanding of applications of law to the specific areas of school physical education and athletic programs. (Two lectures per week)

Credit Hours: 3

Contact Hours: 3

EXC 390: Scientific Basis of Coaching

Introduces the student to the scientific disciplines that undergird sound athletic coaching practices: sport psychology, bio-mechanics, and exercise physiology. (One lecture, one lab per week)

Credit Hours: 2

Contact Hours: 2

EXC 391: Psychology of Motor Learning

Provides the student with knowledge and understanding of skill acquisition and motor performance applicable when participating in sport activities. (One lecture, one lab per week)

Credit Hours: 2

Contact Hours: 2

EXC 401: Tests Measurements of HPE

The theory of measurement and statistical techniques. Includes construction of tests and the measuring of physical fitness and motor performances. (Two lectures, one lab per week)

Prerequisite: MAT 111

Credit Hours: 3

Contact Hours: 3

EXC 402: Research Methods/Exercise Sci

This course is designed to provide the student with a working knowledge of research methodology in health and human performance. This will assist them in identifying problem areas, designing and implementing data collection techniques for their research paper. Credit: 3 semester hours.

Credit Hours: 3

Contact Hours: 3

EXC 421: Organization Admin of HPE

Introduces the student to the principles, organization, and administration of school health, physical education, and intramural and interscholastic sports programs. (Three lectures per week)

Credit Hours: 3

Contact Hours: 3

EXC 423: ADV Techniques ATHL Training

Provides the students with advanced knowledge and understanding of athletic training including counseling, education, therapeutic modalities, rehabilitation techniques, and organization and administration of an athletic facility.

Prerequisite: PHE 324

Credit Hours: 3

Contact Hours: 3

EXC 425: ATH Training High Impact FLD E

Students obtain high impact field experience under the direct supervision of a certified athletic trainer.

Prerequisite: PHE 423

Credit Hours: 3

Contact Hours: 3

EXC 426: Assess Pro in Athle Training

Provides the students with knowledge and skills necessary to perform evaluation and implement rehabilitation protocols to injured athletes.

(Formerly PHE 424)

Prerequisite: PHE 423

Credit Hours: 3

Contact Hours: 3

EXC 440: Internship In Exercise Science

A supervised internship in a professional work environment, which will provide the student with exposure to the job market in physical education business and public health agencies. Credit: 3 semester hours.

Credit Hours: 3

Contact Hours: 3