Exercise Science (EXSC)

Montclair State University

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**Exercise Science**

**EVAL530**

<table>
<thead>
<tr>
<th>Course Description</th>
<th>Applied Field Experience in Program Evaluation.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Prerequisites</strong></td>
<td>EVAL 501 and EVAL 505 and EVAL 520.</td>
</tr>
<tr>
<td><strong>Number and type of credits</strong></td>
<td>3 hours lecture.</td>
</tr>
<tr>
<td><strong>Course Description</strong></td>
<td>In this course students apply the principles and methods of program evaluation through a variety of applied activities that relate to pertinent topical areas in the educational, human services and public health fields. Through group and individual activities, students practice and refine skills in: identifying program goals and objectives; creating measurements for these goals, designing appropriate data collection instruments; analyzing and interpreting data; and using data to modify and improve programs. Students explore issues of program implementation and fidelity, working within local contexts and cultures, evaluation ethics, and managing competing expectations.</td>
</tr>
</tbody>
</table>

**EXSC151**

<table>
<thead>
<tr>
<th>Course Description</th>
<th>Yoga, Relaxation and Stress Reduction.</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Number and type of credits</strong></td>
<td>1.5 hours lab.</td>
</tr>
<tr>
<td><strong>Course Description</strong></td>
<td>Provides for the development of basic skills in the performance and teaching of hatha yoga and basic neuromuscular relaxation. Each student will be able to plan and implement stress reduction programs for individuals in a one-to-one counseling situation and teach sessions in a classroom format. Previous course PEMJ 151 effective through Winter 2012.</td>
</tr>
</tbody>
</table>

**EXSC231**

<table>
<thead>
<tr>
<th>Prerequisites</th>
<th>PEMJ 131 and Exercise Science (ESCI) majors only and departmental approval.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Course Code</td>
<td>Title</td>
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<tr>
<td>------------</td>
<td>--------------------------------------------</td>
</tr>
<tr>
<td>EXSC233</td>
<td>Leadership in Aerobic Exercise</td>
</tr>
<tr>
<td>EXSC234</td>
<td>Leadership in Anaerobic Exercise</td>
</tr>
<tr>
<td>EXSC300</td>
<td>Seminar I in Exercise Science</td>
</tr>
<tr>
<td>EXSC420</td>
<td>Theories in Strength and Conditioning</td>
</tr>
<tr>
<td>Course Code</td>
<td>Title</td>
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<tr>
<td>-------------</td>
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<tr>
<td>EXSC420</td>
<td>Exercise for Special Populations.</td>
</tr>
<tr>
<td>EXSC430</td>
<td>Foundations and Practices in Cardiac Rehabilitation.</td>
</tr>
<tr>
<td>EXSC475</td>
<td>No description available.</td>
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<tr>
<td>Course Code</td>
<td>Title</td>
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<tr>
<td>-------------</td>
<td>--------------------------------------------</td>
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<tr>
<td>EXSC476</td>
<td>Seminar II in Exercise Science.</td>
</tr>
<tr>
<td>EXSC480</td>
<td>Internship in Exercise Science.</td>
</tr>
<tr>
<td>FCST100</td>
<td>Professional Orientation.</td>
</tr>
<tr>
<td>FCST120</td>
<td>Mindfulness: Theory, Research and Practice across the Life Course.</td>
</tr>
</tbody>
</table>