

# HSCF Health Sci Fitness Mgmt

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## **HSCF 2015 Introduction to Human Performance & Fitness Management**

**1 Credit Hour. 1 Lecture Hour. 0 Lab Hours.**

Course provides basic overview of human performance and exercise science professions, including professional opportunities, activities, organizations, certifications, current issues, and legal concerns.

## **HSCF 3005 Applied Musculoskeletal Anatomy and Kinesiology**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Anatomical and kinesiological principles of the musculoskeletal system as related to human movement.

**Prerequisite(s):** A minimum grade of "C" in BIOL 2081.

## **HSCF 3200 Exercise Physiology**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Acute and chronic physiological and biochemical responses of the human body to exercise.

**Prerequisite(s):** A minimum grade of "C" in BIOL 2082.

## **HSCF 3205 Advanced Exercise Physiology**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Continuation of HSCF 3200. Further exploration into the acute and chronic physiological and biochemical responses of the human body to exercise. This course will also cover the integration of physiological system and their response and adaptation to exercise.

**Prerequisite(s):** A minimum grade of "C" in HSCF 3200.

## **HSCF 3500 Applied Kinesiology and Biomechanics**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Concepts of anatomical and mechanical principles related to exercise and physical activity. Students will be introduced to qualitative and quantitative mechanical analysis of human movement.

## **HSCF 3710 Worksite Wellness and Safety**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Introduction to the multiple skills needed to design, implement and evaluate health promotion and wellness programs in various settings.

## **HSCF 4010 Evaluation and Prescription in Exercise & Sport**

**4 Credit Hours. 3 Lecture Hours. 1 Lab Hour.**

Measurement of human performance and laboratory techniques in physical activity and sport.

**Prerequisite(s):** A minimum grade of "C" in HSCF 3005 and HSCF 3200.

## **HSCF 4020 Health and Fitness Entrepreneurship**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Strategies to research, organize, propose and develop business plans in worksite, hospital-based and privately-owned fitness centers.

**Prerequisite(s):** A minimum grade of "C" in ACCT 2101.

## **HSCF 4030 Health/Fitness Management**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

Art and science managing health, wellness, and fitness centers.

**Prerequisite(s):** A minimum grade of "C" in ACCT 2101.

## **HSCF 4040 Personal Fitness Training**

**3 Credit Hours. 3 Lecture Hours. 0 Lab Hours.**

The development of exercise training programs to meet needs of various populations. At the conclusion of the course, students will be prepared to take a nationally accredited personal trainer's certification exam.

**Prerequisite(s):** A minimum grade of "C" in HSCF 3005 and HSCF 3200.