

# EXS 110: Introduction to Exercise Science

Explores the various professions available to students in the Exercise Science major as well as the major sub-disciplines such as exercise physiology, biomechanics, motor behavior, sport and exercise psychology, and health and fitness related professions. This course will also introduce essential job-related skill sets such as interviewing, resumes, cover letters, and professional decorum in the Exercise Science field.

**Credits:** Credits 3

**Notes:**

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EXS 110 is tagged for the PCOM (Professional Communication), PETH (Professional Ethics), and PCEN (Professional Civic Engagement) sections of the core curriculum.

**Semester Offered:**

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Offered fall semester.