

# Intro to Exercise Science

EXSC - 2500 001

## Course Description

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This is an introduction to the Exercise Science / Kinesiology major. Course surveys the anatomical, physiological, nutritional, psychological, biomechanical, and developmental foundations of exercise science as an academic discipline. Careers and professional responsibilities within the exercise science field are also a focus of this course.

Semester(s): All

## Course Student Learning Outcomes

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- Identify basic content knowledge of the sub-disciplines in Exercise Science, including anatomy, biomechanics, exercise and sport medicine, exercise and sport nutrition, exercise and sport psychology, exercise physiology, exercise prescription, kinesiology, and motor behavior.
- Describe the scientific method and explain how it can be used to evaluate scientific literature in Exercise Science.
- Compare the different academic paths available in the Exercise Science department at SLCC and create a graduation plan based on the chosen path(s).
- Navigate SLCC's student resources and distinguish those that may be the most impactful.
- Construct a projected career plan based on the occupational opportunities available to Exercise Science majors.
- Demonstrate professional practices and behaviors related to succeeding in Exercise Science both academically and professionally.

## College Wide Student Learning Outcomes

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- Acquire substantive knowledge in the intended major and throughout General Education
- Communicate effectively
- Think critically
- Express themselves creatively
- Develop civic literacy and the capacity to be community-engaged learners who act in mutually beneficial ways with community partners
- Develop the knowledge and skills to work with others in a professional and constructive manner
- Develop information literacy
- Develop computer literacy
- Develop quantitative literacies required for the chosen field of study

## Course Prerequisites

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None

## Engagement Plan

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- I will respond to email within 24-48 hours during the work week. The best way to contact me is via the Canvas Inbox, as I will prioritize this email over other modes of communication.

- In this course I will be posting weekly announcements which will offer specific information for the week.
- I will offer feedback on major assignments within one week of submission.
- I will monitor and participate in Discussions.

## Keys for Success (how to succeed in the course)

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- Your first step to success in this course is to read the syllabus thoroughly.
- Actively participate in class by reading announcements, completing assignments, and participating in discussions with your classmates. Consistent logging into Canvas and a good attitude are the best ways to get a great grade!
- Complete assignments by the set due dates. \*Note: Once an assignment is locked, submissions will not be accepted without prior approval. There will be a 5% point deduction for each day late after the due date up to 7 days. After this point, the assignment will lock and will not be reopened. Plan ahead and get work done in advance as much as possible before leaving on vacation or facing anticipated life events. Most assignments are open 1-2 weeks prior to the due date.
- Writing all due dates on your calendar and putting reminders in your phone can help you stay on track.
- This course is set up in weekly modules. Each will give you information on the topic we are focusing on, opportunities to test your knowledge (quizzes), assignments to show you are meeting the Course Learning Outcomes, and discussions where you will interact with your classmates.

## Required Text or Materials

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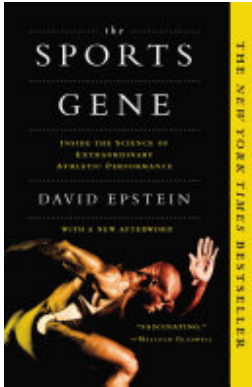
**Title:** The Sports Gene

**ISBN:** 9781617230127

**Authors:** David Epstein

**Publisher:** Penguin

**Publication Date:** 2014-04-29



For more information on textbook accessibility, contact Accessibility & Disability Services at [ads@slcc.edu](mailto:ads@slcc.edu).

## Course Schedule

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This course is laid out in a weekly module format, and we meet for 3 lecture hours per week. Modules are open approximately 2 weeks prior to the start date of the module. Most assignments are open 1-2 weeks prior to the due date of the assignment. There are some exceptions to this. Open, due, and close dates can be found on Canvas. Please see class Calendar for a detailed schedule and due dates.

### Course Topics:

- Week 1 - Class Introduction, Student Success
- Week 2 - Introduction to Exercise Science, Graduation Planning
- Week 3 - Introduction to Research in Exercise Science
- Week 4 - What Is Exercise
- Week 5 - Exercise for Health
- Week 6 - Exercise for Fitness
- Week 7 - Exercise for Sport
- Week 8 - Exercise Science Assessments
- Week 9 - Anatomy for Exercise Science
- Week 10 - Physiology for Exercise Science
- Week 11 - Biomechanics

- Week 12 - Motor Behavior
- Week 13 - Exercise & Sport Nutrition
- Week 14 - Exercise & Sport Medicine
- Week 15 - Exercise & Sport Psychology
- Week 16 - Future of Exercise Science

## Brief Description of Assignments/Exams

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### Assessments

<b>Assessment*</b>	<b>Points</b>
Introductions	10
Syllabus Reconnaissance	10
Campus Resources	15
Writing a Professional Email	15
ACSM Exercise Preparticipation Health Screening Quiz	10
Fitness Assessment	15
Graduation Planning	35
Career Summary	35
Scholarly Articles Quiz	10
Research Article Summary Paper (3 x 25 points each)	75
Research Article Summary Reflection	15
Experts in the Field Discussions (10 x 10 points each – lowest 2 scores dropped)	80
The Sports Gene discussions (10 x 10 points each – lowest score dropped)	90
Weekly topic quizzes (13 x 10 points each – lowest score dropped)	120
Final Exam	50
In-class Activities	TBD
Extra credit opportunities TBD	TBD
Approximate Total	585

\*A complete description of each assessment can be found in Canvas.

## Assignment Schedule

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Due Date	Assignment Name	Assignment Type	Points
	<a href="#">Any Questions? Getting Started</a>	Discussion	0
	<a href="#">Any Questions? Week 1</a>	Discussion	0
	<a href="#">Any Questions? Week 10</a>	Discussion	0
	<a href="#">Any Questions? Week 11</a>	Discussion	0
	<a href="#">Any Questions? Week 12</a>	Discussion	0
	<a href="#">Any Questions? Week 13</a>	Discussion	0
	<a href="#">Any Questions? Week 14</a>	Discussion	0
	<a href="#">Any Questions? Week 15</a>	Discussion	0
	<a href="#">Any Questions? Week 16</a>	Discussion	0
	<a href="#">Any Questions? Week 2</a>	Discussion	0
	<a href="#">Any Questions? Week 3</a>	Discussion	0
	<a href="#">Any Questions? Week 4</a>	Discussion	0

Due Date	Assignment Name	Assignment Type	Points
	<a href="#">Any Questions? Week 5</a>	Discussion	0
	<a href="#">Any Questions? Week 6</a>	Discussion	0
	<a href="#">Any Questions? Week 7</a>	Discussion	0
	<a href="#">Any Questions? Week 8</a>	Discussion	0
	<a href="#">Any Questions? Week 9</a>	Discussion	0
8/28/25	<a href="#">Introductions</a>	Assignment	10
8/28/25	<a href="#">Syllabus Reconnaissance</a>	Assignment	10
9/2/25	<a href="#">Exercise Science Concept Map</a>	Assignment	10
9/3/25	<a href="#">Exploring Campus Student Resources</a>	Assignment	15
9/4/25	<a href="#">Writing a Professional Email</a>	Assignment	15
9/5/25	<a href="#">Exercise Science Pre- Assessment</a>	Quiz	5
9/5/25	<a href="#">Practice Uploading an Assignment - Extra Credit</a>	Assignment	0
9/5/25	<a href="#">Simple Syllabus Acknowledgement - Extra Credit</a>	Assignment	0

Due Date	Assignment Name	Assignment Type	Points
9/8/25	<a href="#">Week 2 - Introduction to Exercise Science Quiz</a>	Quiz	10
9/11/25	<a href="#">Scholarly Articles Quiz</a>	Quiz	10
9/12/25	<a href="#">Beginning of Course Survey - Extra Credit</a>	Quiz	0
9/12/25	<a href="#">Experts in the Field - Research Lab</a>	Discussion	10
9/15/25	<a href="#">Week 3 - Introduction to Research in Exercise Science Quiz</a>	Quiz	10
9/18/25	<a href="#">The Sports Gene: Introduction &amp; Chapter 1 Discussion</a>	Assignment	10
9/19/25	<a href="#">ACSM Exercise Preparticipation Health Screening</a>	Quiz	10
9/22/25	<a href="#">Week 4 - What is Exercise Quiz</a>	Quiz	10
9/25/25	<a href="#">The Sports Gene: Chapters 2 &amp; 3 Discussion</a>	Assignment	10
9/26/25	<a href="#">Experts in the Field - Health &amp; Wellness</a>	Discussion	10
9/26/25	<a href="#">Research Article Summary #1</a>	Assignment	25



Due Date	Assignment Name	Assignment Type	Points
9/29/25	<a href="#">Week 5 - Exercise for Health Quiz (PLO-EXSC-3).</a>	Quiz	10
10/2/25	<a href="#">The Sports Gene: Chapter 4 Discussion</a>	Assignment	10
10/3/25	<a href="#">Experts in the Field - Personal Training.</a>	Discussion	10
10/6/25	<a href="#">Week 6 - Exercise for Fitness Quiz (PLO-EXSC-3).</a>	Quiz	10
10/9/25	<a href="#">The Sports Gene: Chapters 5 &amp; 6 Discussion</a>	Assignment	10
10/10/25	<a href="#">Experts in the Field - Coaching.</a>	Discussion	10
10/10/25	<a href="#">Fitness Assessment (PLO-EXSC-5).</a>	Assignment	15
10/13/25	<a href="#">Week 7 - Exercise for Sport Quiz (PLO-EXSC-3).</a>	Quiz	0
10/23/25	<a href="#">The Sports Gene: Chapters 7 &amp; 8 Discussion</a>	Assignment	10
10/24/25	<a href="#">Experts in the Field - Medical Professional</a>	Discussion	10
10/24/25	<a href="#">Research Article Summary #2</a>	Assignment	25

Due Date	Assignment Name	Assignment Type	Points
10/27/25	<a href="#">Week 9 - Anatomy for Exercise Science Quiz</a>	Quiz	10
10/30/25	<a href="#">The Sports Gene: Chapters 9 &amp; 10 Discussion</a>	Assignment	10
10/31/25	<a href="#">Experts in the Field - Clinical Exercise Physiologist</a>	Discussion	10
10/31/25	<a href="#">Graduation Plan (PLO-EXSC-2)</a>	Assignment	35
11/3/25	<a href="#">Week 10 - Physiology for Exercise Science Quiz</a>	Quiz	10
11/6/25	<a href="#">The Sports Gene: Chapters 11 &amp; 12 Discussion</a>	Assignment	10
11/10/25	<a href="#">Week 11 - Biomechanics Quiz</a>	Quiz	10
11/13/25	<a href="#">The Sports Gene: Chapters 13 &amp; 14 Discussion</a>	Assignment	10
11/14/25	<a href="#">Research Article Summary #3 (PLO-EXSC-6)</a>	Assignment	25
11/17/25	<a href="#">Week 12 - Motor Behavior Quiz</a>	Quiz	10
11/20/25	<a href="#">The Sports Gene: Chapter 15 Discussion</a>	Assignment	10

Due Date	Assignment Name	Assignment Type	Points
11/21/25	<a href="#">Experts in the Field - Sports Nutrition</a>	Discussion	10
11/24/25	<a href="#">Week 13 - Exercise &amp; Sport Nutrition Quiz</a>	Quiz	10
11/25/25	<a href="#">Experts in the Field - Sports Medicine</a>	Discussion	10
12/1/25	<a href="#">Week 14 - Exercise &amp; Sport Psychology Quiz</a>	Quiz	10
12/4/25	<a href="#">The Sports Gene: Chapter 16 &amp; Epilogue Discussion</a>	Assignment	10
12/5/25	<a href="#">Experts in the Field - Sports Psychology</a>	Discussion	10
12/8/25	<a href="#">Week 15 - Exercise &amp; Sport Medicine Quiz</a>	Quiz	10
12/11/25	<a href="#">Career Summary (PLO-EXSC-1)</a>	Assignment	35
12/11/25	<a href="#">Experts in the Field - Data Analytics in Sport</a>	Discussion	10
12/15/25	<a href="#">Exercise Science Post-Assessment</a>	Quiz	5
12/16/25	<a href="#">Physical Activity/Exercise and Stress - Extra Credit</a>	Discussion	0
12/17/25	<a href="#">Final Exam (PLO-EXSC-4)</a>	Quiz	0
12/18/25	<a href="#">End of Course Survey - Extra Credit</a>	Quiz	0

## Grading Scale

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### Grade breakdown by percentage:

<b>A</b> 95-100%	<b>C</b> 73-75
<b>A-</b> 90-94	<b>C-</b> 70-72
<b>B+</b> 86-89	<b>D+</b> 66-69
<b>B</b> 83-85	<b>D</b> 60-65
<b>B-</b> 80-82	<b>D-</b> 55-59
<b>C+</b> 76-79	<b>E</b> Below 55%

**Grading Policy:** If the digit at the tenths place is less than 5 the grade will be rounded down to the nearest whole number, if it is 5 or greater, the grade will be rounded up to the next whole number. So 94.4 will be an A- and 94.5 will be an A.

**Late Work Policy:** *Submissions will not be accepted more than 7 days after the due date without prior approval.*

**Incompletes:** An incomplete is a conditional grade given only in extraordinary cases where a student has completed a major portion of the class (70%) but is unable to complete coursework due to circumstances beyond their control such as a major illness/injury or a death in the family. Written documentation will be required.

## Academic Integrity

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### STUDENT CODE OF CONDUCT:

Each student is expected to follow the [SLCC Code of Student Rights and Responsibilities](#).

Use of Artificial Intelligence (AI) in this course:

"Generative artificial intelligence (AI) software is a rapidly emerging tool that students may be interested in using. If doing so, SLCC students are expected to adhere to the same

standards as the Code of Student Rights and Responsibilities statement on plagiarism. Presenting generative AI software content as your own is a violation of academic integrity. If you use generative AI in your work, you must indicate that you have done so." -SLCC Dean of Students

Generative AI can be an excellent resource, but your own thoughts and words must be used on all quizzes, assignments, and discussion posts. If any sources are used, including generative AI, they must be properly cited. As stated in the SLCC Code of Student Rights and Responsibilities, "Students who are unsure of what constitutes plagiarism should consult with their instructors. Claims of ignorance will not necessarily excuse the offense."

## Additional Policies

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This syllabus contains the policies and expectations that have been established for this course. These policies and expectations are intended to create a positive learning atmosphere for all students. Please bring any concerns or suggestions you may have to my attention. To create and preserve a course atmosphere that optimizes teaching and learning, we all share the responsibility of working together to cultivate a positive learning environment. A positive learning environment includes embracing the diverse identities, viewpoints, and experiences that you all bring to the class. The concepts and ideas we discuss in Exercise Science can be applied to everyone, but we must consider the differences in contributions to the field, access to healthcare and exercise opportunities, genetics, and social or cultural beliefs and backgrounds. By sharing your experiences, you will be adding to the story of Exercise Science.

- Assessments (assignments, discussions, quizzes) will be submitted electronically on Canvas.
- It is assumed that if you are taking this course, you have access to a reliable, up-to-date computer and consistent internet access. Have a backup computer arranged with a friend or family member in case of computer malfunction. Computers are available at the public library and in Salt Lake Community College libraries. If there is a problem with Canvas or the SLCC network, I will be the first to know and will adjust due dates if necessary. If you have difficulty accessing the course Canvas site, contact the Salt Lake Community College Help Desk at 801-957-5555.

- Messages will be posted on the course “Home” page and in the “Announcements” tab in Canvas. Please be sure you read these messages as they contain important information.
- Communication is key! If you have a question, email me through the Canvas Inbox, or talk to me before or after class. I typically respond to messages within 24-48 hours during the work week. I also check messages periodically on weekends. Please do not wait to contact me if you are having any issues in or out of the course. It is much easier for me to work with you if I know what is going on as soon as possible.
- To create and preserve a positive learning environment, students are expected to conduct themselves in a manner that does not disrupt teaching or learning, and they are expected to follow these standards: Students should be active participants in the course. Course discussions should be civilized and respectful to everyone and relevant to the topic we are discussing. Discussion forums are meant to allow for a variety of viewpoints, this can only happen if we respect one another and our differences. Please see the Netiquette page in Canvas for tips on how to interact with others in an online environment.

## Campus Student Resources

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### **Accessibility and Disability Services:**

SLCC values inclusive learning environments and strives to make all aspects of the College accessible to our students. If you have a disability and believe you need accommodations to improve access to learning materials or the learning environment, please contact the Accessibility and Disability Services.

Location: Student Center, Suite 244, Redwood Campus

Phone: 801-957-4659; TTY: 957-4646

Fax: 957-4947

Email: [ADS@slcc.edu](mailto:ADS@slcc.edu)

Webpage: <https://www.slcc.edu/drc/index.aspx>

## General Resources:

The following services provide support for SLCC students enrolled in any class at the College. All resources are provided free-of-charge. Ask your instructor about discipline-specific learning support and tutoring services.

- [Tutoring](#): index of all tutoring resources.
- [STEM Learning Resources](#): provides free tutoring and assistance in math and science courses at five campus locations.
- [Student Writing & Reading Center](#): provides in-person and online feedback on all writing and reading assignments.
- [Writing Assignments](#): What Students & Faculty Should Expect
- [Library Services](#): provides research help, print and online resources, computers and study space.
- [eLearning Support](#): provides support for navigating online and hybrid classes.
- [Business Resource and Innovation Center](#): provides tutors and a study space for students in Business and CSIS courses. Located in BB 226 on Taylorsville-Redwood Campus.
- [Academic Calendar](#): provides important dates for the academic year.
- [Bookstore](#): find course materials and SLCC merchandise as well as information on store hours

## Academic Advising and Career Support:

[Academic Advising](#) helps students plan, explore, make decisions, access resources and evaluate their academic and career goals.

- Find your Academic Advisor based on your [Area of Study](#). If your major is **Fitness Technician or Exercise Science/Kinesiology** you can also meet with me. Please use MySuccess to schedule an appointment.
- To make an appointment with Academic Advising and a variety of other Student Support Services, you can use MySuccess. To access MySuccess, log in to your MySLCC portal, select the Advising Tab, and click "Login to MySuccess" under the find your advisor section. Your homepage will have your Primary Academic Advisor listed at the top (along with a list of services below, and a search bar to find other

staff and services). Click on your Primary Advisor's name to see their availability and to book an appointment. Check your Bruinmail for an email confirmation.

[Career Services](#) helps students find a job during or after their education. [Handshake](#) is a student job board run by Career Services, where students can find internal and external jobs.

### **Student Engagement, Experience, and Achievement:**

Student Engagement, Experience, and Achievement (SEEA) provides holistic educational support to Black, Indigenous, and Students of Color at Salt Lake Community College. We empower students to explore and embrace their intersectional identities as a fundamental step for achieving success. We promote this model of student development by offering a welcoming space at the Taylorsville Redwood Campus (STC 101), pairing students with student success coordinators, organizing cultural programming, and providing student leadership experiences and opportunities. For more information about SEEA or to get involved, please visit us at <https://www.slcc.edu/seea/index.aspx>, or 801.957.4954.

### **Counseling Support Services:**

If you find yourself struggling with your mental or physical health this semester, the [Center for Health & Counseling \(CHC\)](#), provides convenient and affordable health care, mental health counseling, massage therapy services and healthy lifestyle programs right here on campus. CHC is staffed by experienced, licensed professionals who are attuned to the needs of college students. The services are low cost and completely confidential. The CHC is located at the Taylorsville/Redwood, South City, and Jordan campuses. For CHC hours, information about CHC services, or to book an appointment please call 801-957-4268 or visit the [website](#). If you wish to talk with someone immediately, you may start a free chat or call with a licensed crisis counselor, 24/7 through the [SafeUT App](#) or by calling 1 (800)273-8255.

### **Veterans Services:**

[Veterans Services](#) assists hundreds of students in using their VA education benefits each semester.

### **The Dream Center**



The SLCC Dream Center works holistically with undocumented students (with or without DACA) and members of mixed-status families to achieve their personal and academic goals. If your immigration status presents significant obstacles to your success at the College, whether that is engaging in particular activities, fulfilling specific course criteria, or impacting your academic career in any other way, confidential arrangements may be requested from the Dream Center. Please know that arrangements made with the Dream Center will not jeopardize your student status, access to scholarships, or any other part of your residence. To learn more, contact the Dream Center by emailing [dreamcenter@slcc.edu](mailto:dreamcenter@slcc.edu), visiting <https://www.slcc.edu/dreamcenter/>, or finding us on Instagram @slccdreamcenter.

### **Student Pregnancy:**

Salt Lake Community College is committed to creating an inclusive and accessible environment for pregnant and parenting students. The College will not exclude a student from participating in any part of an educational program based on the student's pregnancy, childbirth, false pregnancy, termination of pregnancy, or recovery. If you are pregnant or become pregnant and believe you need accommodations to access your coursework or learning environment, please contact Accessibility & Disability Services.

### **Food, Childcare, and Crisis Resources:**

There are several resources available for students at SLCC:

- For information about SLCC's food pantry for students, please visit the [Bruin Pantry](#).
- For childcare assistance, please visit [Child and Family Care Services](#).
- For information on other crisis resources, please visit [Crisis Circumstances](#).
- For information about campus safety, please visit [#SLCCSAFE](#).

### **Gender & Sexuality Student Resource Center (GSSRC):**

The Gender & Sexuality Student Resource Center has a strong initiative to enhance the quality of life and educational experience for minoritized gender and sexuality populations. We intentionally serve Womxn and LGBTQ+ in an environment that is welcoming, positive, and safe, by increasing the SLCC community's awareness, understanding, and integration of minoritized gender and sexuality. We will achieve this mission by providing:

- Educational and empowering programs and events
- Resources to Womxn and LGBTQ+ students
- Resources to allies, faculty, staff, and employees
- Awareness and advocacy on terminology, history, empowerment, and systemic change
- A physical space to connect with like-minded individuals, community, and resources at South City Campus in SCM 1-140

To receive support or get involved, contact us: [GSSRC@slcc.edu](mailto:GSSRC@slcc.edu); [slcc.edu/GSSRC](https://slcc.edu/GSSRC); 801.957.3143; Instagram & Facebook (@SLCCGSSRC).

## Student Academic Calendar

As students you should be aware of all important dates in the semester, such as the day that courses begin and end, as well as the drop date and the last day to withdraw. To learn more about those dates, navigate to the Student Academic Calendar below:

[SLCC Student Academic Calendar](#)

## How to Navigate to Canvas

## Institutional Policies

As members of our academic community, we would like to invite you to review the Institutional Syllabus which covers important policies and procedures. This document contains important links for students on the code of student rights and responsibilities, academic integrity, and grading policies, Title IX and other important acknowledgements. By familiarizing yourself with this information, you can help us create a safe and respectful environment for everyone.

For more information, navigate to the Institutional Policies tab on the [Institutional Syllabus](#) page.

## Learning Support and Tutoring Services

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We are pleased to offer a range of tutoring and learning support services to help you achieve your academic goals. Whether you need assistance with a specific subject or want to improve your study skills, you have many options for tutoring or other support.

To learn more about the services we offer and how to access them, visit the [Institutional Syllabus](#) page under the Tutoring and Learning Support tab. We encourage you to take advantage of these resources to help you succeed in your studies. If you have any questions or would like to schedule a tutoring session, please don't hesitate to reach out to us. We are here to support you in any way we can.

## Advising and Counseling Support Services

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At our institution, we are committed to supporting your academic and personal growth. That's why we offer a range of advising and counseling services to help you navigate the challenges of college life. To learn more about the resources available to you and how to access them, visit the [Institutional Syllabus](#) page under the Advising and Counseling Support Services tab. Our advising team and the support centers across campus are here to support you in achieving your goals and overcoming any obstacles you may face.