

# **RARITAN VALLEY COMMUNITY COLLEGE ACADEMIC COURSE OUTLINE**

## **EXSC 105 Foundations of Exercise Science & Sport Management**

### **I. Basic Course Information**

A. Course Number and Title: EXSC 105 – Foundations of Exercise Science & Sport Management

B. New or Modified Course: New

C. Date of Proposal: Semester: Fall Year: 2024

**D. Effective Term: Fall 2025**

E. Sponsoring Department: Health Science Education

F. Semester Credit Hours: **1**

G. Weekly Contact Hours: **2**                      Lecture: 2  
Laboratory:  
Out of class student work per week: 4

H. ☐ Prerequisite (s):  
☐ Corequisite (s):

I. Additional Fees: None

### **II. Catalog Description**

This course introduces the student world of exercise science, sports medicine and sports management. Students will learn the roles of various players within the fields of exercise science, sports management, sports medicine. allied health professions, and examine the competencies and proficiencies, educational requirements, certification requirements, continuing education requirements, and the skills necessary to uphold the standards of practice for various health professions. Students will learn the skills needed to be successful in the field of science, strategies for effective communication, organization and study skills.

### **III. Statement of Course Need**

This course is designed to introduce the student to professions in the exercise science, sports management, sports medicine and allied health field. Students will learn the

interpersonal and intrapersonal skills needed to be successful as well as the educational and professional requirements necessary to gain employment in the field. Students will acquire an in-depth knowledge of the required competencies and standards of practice for various health professions.

A. This course does not have a lab.

B. Please describe the transferability of this course.

1. This course may transfer as an elective, dependent on the transfer institution.
2. This course does not transfer as a general education course.

#### **IV. Place of Course in College Curriculum**

- A. Free Elective (This applies automatically to all college level credit courses in the College.)
- B. This course does not serve as a General Education course.
- C. This course meets a program requirement for Associate of Science Degree in Exercise Science, Option in Sports Management
- D. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, [www.njtransfer.org](http://www.njtransfer.org); b) for all other colleges and universities, go to the individual websites.

#### **V. Outline of Course Content**

- A. Exploration of careers in related fields
  1. Exercise Science
  2. Sports Management
  3. Physical Therapy
  4. Occupational Therapy
  5. Athletic Training
  6. Personal Training
    - a. CSCS – Strength & Conditioning Coach
- B. Professional Requirements
- C. Effective communication
- D. Source Analysis and Evidenced Based Science/Medicine
- E. Time Management, Goal Setting & Strategies for Retention
- F. College Success Skills

#### **VI. A. Course Learning Outcomes:**

**At the completion of the course, students will be able to:**

1. Evaluate and think critically about information. (GE-IL\*)
2. Identify College services and resources that support student success and promote professional growth.

3. Use appropriate forms of technology to identify, collect, and analyze information (GE-4\*)
4. Communicate both orally and in writing the educational competencies and clinical proficiencies, as well as certification and continuing education requirements in the field of Sports Medicine and Rehabilitative Sciences. (GE-1)
5. Analyze research and present information related to current issues that affect the field of and explain use of evidence-based medicine in practice. (GE-1, IL)\*
6. Identify and describe the regulating bodies, requirements for certification/licensing and continuing education; and the educational competencies and clinical proficiencies in various professions in the field.

**\*Imbedded Critical Thinking**

**B. Assessment Instruments**

1. written product
2. projects
3. exams
4. presentations
5. class participation
6. reflections
7. assignments

**VII. Grade Determinants**

What factors may enter into the determination of the final? LIST the grade determinants. Please note any grade determinants that will be *required* for the course.

- A. essays
- B. projects/presentations
- C. tests
- D. assignments

Given the goals and outcomes described above, LIST the primary formats, modes, and methods for teaching and learning that may be used in the course:

- A. lecture
- B. small-group work
- C. class discussion
- D. guest speakers
- E. student oral presentations
- F. videos and online materials

**VIII. Texts and Materials**

- A. articles, journals
- B. interviews, professional speakers

- C. film and video
- D. web sources
- E. internet databases and other computer-based sources

(Please Note: The course outline is intended only as a guide to course content and resources. Do not purchase textbooks based on this outline. The RVCC Bookstore is the sole resource for the most up-to-date information about textbooks.)

#### **IX. Resources**

- A. RVCC Library
- B. Internet

**X. Check One:** ☐ Honors Course ☐ Honors Options ☒ N/A