

**RARITAN VALLEY COMMUNITY COLLEGE
ACADEMIC COURSE OUTLINE**

EXSC 275 – Professional Practice in Exercise Science

I. Basic Course Information

A. Course Number and Title: EXSC 275 Professional Practice in Exercise Science

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: **2**

G. Weekly Contact Hours: 3 Lecture: 1
Laboratory: 2
Out-of-class student work per week: 4

H. ☒ Prerequisite (s):

A.S. Degree in Exercise Science:
EXSC 201 – Kinesiology
EXSC 203 – Exercise Measurement & Prescription

☐ Corequisite (s):

I. Additional Fees: None

II. Catalog Description

PREREQUISITES:

A.S. Degree in Exercise Science:
EXSC 201 - Kinesiology
EXSC 203 – Exercise Measurement & Prescription

This course is designed to assist the student in preparing for a career in or related to exercise science. Students will evaluate, utilize, and expand on the knowledge, skills, and abilities obtained in previous EXSC courses, including leadership, coaching, and conflict resolution as they apply to advanced case studies, research, and projects & experiences. The course will also focus on the importance of continuous professional development and networking with other professionals in the field.

III. Statement of Course Need

- A. This course will support the student's development and transition into practice through the evaluation of professional skills and the ability to apply those skills in various settings. Students will also gain a broader knowledge of career opportunities and required certifications that exist in the field of exercise science. It is a required course to enable the student to successfully complete the Associate Degree in Exercise Science.
- B. This course generally transfers as an Exercise Science program requirement or as an Exercise Science program elective dependent on the transfer institution.

IV. Place of Course in College Curriculum

- A. Free Elective.
- B. This course meets a program requirement for the Associate of Science Degree in Exercise Science and the Associate of Science Degree in Exercise Science – Option in Sports Management.
- C. To see course transferability: a) for New Jersey schools, go to the NJ Transfer website, www.njtransfer.org; b) for all other colleges and universities, go to the individual websites

V. Outline of Course Content

- A. Career Opportunities & Growth
- B. Effective Communication Skills
- C. Leadership Styles
- D. Ethical Behavior
- E. Theories of Coaching
- F. Conflict Resolution
- G. Networking and Collaboration
- H. Supervision
- I. Professional Development

VI. A. Course Learning Outcomes:

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

1. Analyze information and ideas and apply evidence-based strategies to effectively develop solutions to common problems in the field of exercise science. (GE-1, IL)*
2. Develop and gain leadership experience in the field using skills taught and practiced in the classroom through case-based & practical scenarios and projects under the guidance of an experienced professional. (NACE Career Readiness Competency)
3. Obtain basic knowledge of industry-based standards for certification needed to work in various professional settings.

*embedded critical thinking

B. Assessment Instruments

- A. Papers/Essays
- B. Tests & Quizzes
- C. Presentations
- D. Discussion & Online Forums
- E. Case Studies
- F. Assigned Readings & Research
- G. Projects

VII. Grade Determinants

- A. Tests & Quizzes
- B. Case Studies
- C. Projects
- D. Papers/Essays
- E. Online Discussion Forums

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. Assigned Readings
- C. Independent Study
- D. Small Group Work
- E. Case Studies
- F. Audiovisual & Podcasts

VIII. Texts and Materials

- A. This course uses readings and other forms of media assigned by the instructor.

(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. Exercise Science Lab
- B. Fitness Center
- C. Athletics Department
- D. Library
- E. Community Partners

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