

## Master Syllabus

### ENS 1116 - Introduction to Exercise Science & Health Promotion

**Division:** Health Sciences

**Department:** Exercise Science

**Credit Hour Total:** 3.0

**Lecture Hrs:** 3.0

**Prerequisite(s):** DEV 0035

**Date Revised:** September 2016

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#### Course Description:

Historical, theoretical, ethical and philosophical foundations of exercise science and health promotion, including an emphasis on role, responsibilities, work settings and future direction of the profession.

#### General Education Outcomes:

- Information Literacy Competency
- Critical Thinking/Problem Solving Competency

#### Course Outcomes:

##### Careers and opportunities

Describe the numerous careers and opportunities within the exercise science and health promotion profession.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

##### Best practices

Identify best practices in exercise science and health promotion.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

##### Wellness model

Identify and interpret the health of a person using the wellness-illness continuum using core coaching competencies.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

##### Various roles

Explain the various roles exercise science and health promotion plays in a culture, including its economic, political, ethical and social impact.

**Assessment Method:** Locally developed exams

**Performance Criteria:**

Correctly answer 70% of exam questions.

#### Outline:

Overview of exercise science and health promotion

Develop personal philosophy

Trends, movement and future implications

Importance of physical activity and exercise

Professional organizations and certifications

Preparation and selecting a career

Core competencies in coaching for fitness, health and wellness

Wellness-illness continuum