EXERCISE AND FITNESS (EF)

**EF205: Scientific Foundations of Exercise and Fitness**
This course familiarizes students with the scientific basis of exercise and fitness physiology and related human anatomy, including cardiopulmonary anatomy and physiology. Students learn about energy metabolism as it relates to exercise and how aging affects human physiology, exploring current strategies in exercise and fitness training to facilitate disease prevention and healthy aging.
Quarter Credit Hours: 5 | Prerequisite: None

**EF205M1: Physical Fitness Components**
Describe the components of physical fitness and performance.
Quarter Credit Hours: 1 | Prerequisite: None

**EF205M2: Lifestyle Behaviors and the Health Appraisal Process**
Define the process for evaluating health status.
Quarter Credit Hours: 1 | Prerequisite: None

**EF205M3: Assessing Aerobic and Anaerobic Fitness**
Evaluate current strategies used in aerobic and anaerobic training.
Quarter Credit Hours: 1 | Prerequisite: None

**EF205M4: Understanding Nutrition, Body Composition, and Flexibility**
Discuss energy metabolism and activity-related changes.
Quarter Credit Hours: 1 | Prerequisite: None

**EF205M5: Creating and Evaluating Exercise Programs**
Correlate cardiorespiratory fitness guidelines with exercise and fitness requirements.
Quarter Credit Hours: 1 | Prerequisite: None

**EF310: Current Trends in Exercise and Fitness - Aging Well Across the Life Span**
This course focuses on the issues in exercise and fitness that each major age group encounters in society today. Students learn the unique challenges that senior adults, middle-aged and younger adults, and children and adolescents are confronted with, as well as the sociological, psychological, and economic factors that can impact favorable outcomes. Motivational strategies, techniques, and plans for designing age-appropriate exercise and fitness programs will be discussed and practiced, and current research in models of exercise and fitness programs in community- and corporate-based settings will be studied and evaluated for effectiveness.
Quarter Credit Hours: 6 | Prerequisite: None