



# Emmanuel

## UNIVERSITY

### Master of Science in Exercise Science Curriculum (IN-PERSON):

#### Athletic Coaching

|                             | COURSE NO.                                      | COURSE TITLE                                  | SEMESTER HOURS |
|-----------------------------|---|---|----------------|
|                             | <b>Required Core Classes</b>                    |   |                |
|                             | EX 500  | Research Design & Methods in Exercise Science | 3              |
|                             | EX 520  | Sport Nutrition                               | 3              |
|                             | EX 600  | Sport Psychology                              | 3              |
|                             | EX 620  | Fitness & Health Promotion                    | 3              |
|                             | EX 640  | Sports Performance Training                   | 3              |
|                             |   |   | <b>15</b>      |
|                             | <b>Concentrations</b>                           |   |                |
|                             | <b>Athletic Coaching Concentration 12 Hours</b> |   |                |
|                             | EX 560  | Philosophy and Ethics of Coaching             | 3              |
|                             | EX 580  | Principles of Coaching and Leadership         | 3              |
|                             | EX 610  | Athletic Injury Prevention                    | 3              |
|                             | EX 630  | Coaching Internship                           | 3              |
|                             |   |   | <b>12</b>      |
|                             | <b>Capstone Assessment Project</b>              |   |                |
|                             | EX 690  | Capstone Research Project                     | <b>3</b>       |
|                             |   |   |                |
| <b>TOTAL SEMESTER HOURS</b> |   | <b>30</b>                                     |                |

The titles and descriptions for the courses in the Master of Science in Exercise Science are outlined below:

EX 500 - Research Design & Methods in Exercise Science (3 hours): This course focuses on a study of research methods, procedures, and design in exercise science. Emphasis will be placed on critical thinking, evaluation, and application.

EX 520 - Sport Nutrition (3 hours): Sports Nutrition enables students to translate theory into practice and to relate content to fitness and sports. Included are topics on weight and body composition, eating disorders and guidelines for proper nutrition.

EX 600 - Sport Psychology (3 hours): This course examines the application of psychological theories and research to sports, exercise, and health behaviors. Case studies from a variety of sports will be explored to develop a set of psychological skills that can be applied across sports.

EX 620 - Fitness & Health Promotion (3 hours): This course is for students currently working in or preparing for careers in the health and fitness industry. This course prepares students for the certified personal trainer exam of the NSCA or the ACSM



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EX 640 - Sport Performance Training (3 hours): An analysis of sport performance training methods and techniques utilized to assist athletes achieve maximum performance.

EX 560 – Philosophy and Ethics of Coaching (3 hours): This course will prepare students to develop an athlete-centered philosophy of coaching through the lens of a Biblical worldview. Students will also examine ethical issues in sport and apply Christian teaching to common ethical and moral dilemmas of responsibility, honesty, and integrity in the sports arena.

EX 580 – Principles of Coaching and Leadership (3 hours): This course is designed to expose students to a variety of coaching ideologies and examples of successful coaches throughout sport. Students will examine principles found in coaching such as team culture, athletic character, and maximizing the growth of each team member

EX 610 – Athletic Injury Prevention (3 hours): This course provides the necessary knowledge and skills coaches need to include an injury prevention program in their specific sport areas. Students will create training plans to effectively mitigate injuries for a variety of sports teams through analyzing the needs of a sport and determining key exercises for the athletes.

EX 630 – Coaching Internship (3 hours): This course allows the student to apply their graduate level education to the practical, hands-on coaching experience through a practicum with a sports coach.

EX 690 - Capstone Assessment Project (3 hours): Students will research and write capstone paper investigating a question related to their field of interest. Students will draw on their knowledge from all previous coursework.