

Montgomery County Community College  
ESW 102  
Introduction to Exercise Science, Wellness and Sport Studies  
3-3-0

**COURSE DESCRIPTION:**

This ESW major's course is designed to provide foundational knowledge in exercise science, wellness, and sport studies through a broad range of classroom presentations and service learning experiences as well as integration of technology. Students will explore the various professional opportunities in the field and will develop an educational and professional plan to support their career aspirations.

**REQUISITES:**

*Previous Course Requirements*

None

*Concurrent Course Requirements*

None

**LEARNING OUTCOMES**

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LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Explore the broad range of professional opportunities in exercise science, wellness and sport studies with the intent of identifying an area of career specialization.	Observations Lesson planning Lecture Group discussions Research Guest Speakers Service Learning Written assignments Career Spotlights Physical Activities Technology Interviews	Interview Assignment Educational Plan Observation Exams Resume Portfolio Business Plan Case study
3. Describe how human movement, in all its		

SEQUENCE OF TOPICS:

1. Principles and scope of exercise science, wellness, and sport studies
2. ESW – past, present, and future
3. Philosophy
4. Professional opportunities
5. Career selection and preparation
6. Relationship of physical activity health across a lifespan.



*was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.*