

Summer Online First Year Initiative 2025
Course Information Sheet
EXSS 103 – J. Durst

Course Name:	EXSS 103- Foundations of Exercise & Sport Science
Instructor:	Dr. Jacqueline Durst
Contact Info:	jrdurst@frostburg.edu
Course Description:	The study of both the history and philosophy of exercise and sport science. Emphasis placed on the subdisciplines of athletic training and health/fitness. Every semester. You cannot receive credit for an EXSS course and the same course previously labeled PHEC or HEED.
Course Recommended for:	Students interested in the health and fitness industry or those interested in professional health programs, such as Athletic Training, Physical Therapy, Occupational Therapy, or other allied health care programs.
Course Materials:	Textbook: Introduction to Exercise and Sport Science 4 th Edition Editors: Terry J. Housh, Dona J. Housh, and Glen O. Johnson
Course Requirements:	NA
Technical Requirements:	The following technologies may appear in this online course: Canvas Learning Management System, Adobe Products, Microsoft Products, and Google Products.



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Message from Instructor:

In order to register for this course, you must visit Ms. Kurek immediately after you register for your fall classes. She will give you the essential course materials listed above and provide you with a quick orientation to the course so that you may begin working on the lessons right away.