

Practicum of Exercise Science

Local Course #: 81817

State Course ID: 13020500

Course Description:

Researching diet and exercise to maintain a healthy, balanced lifestyle and exploring techniques to train potential clients and help potential patients recover.

Link to TEKS:

[https://texas-sos.appianportalsgov.com/rules-and-meetings?\\$locale=en_US&interface=VIEW_TAC_SUMMARY&queryAsDate=08%2F05%2F2025&recordId=225584](https://texas-sos.appianportalsgov.com/rules-and-meetings?$locale=en_US&interface=VIEW_TAC_SUMMARY&queryAsDate=08%2F05%2F2025&recordId=225584)

First 9 Weeks Major Topics:

Employability, CPR, communication

Second 9 Weeks Major Topics:

Work based learning, NETA CPT health and fitness assessment,

Third 9 Weeks Major Topics:

Work based learning, NETA CPT exercise programming and behavioral change

Fourth 9 Weeks Major Topics:

Work based learning, NETA CPT nutrition and weight management