EXERCISE AND SPORTS STUDIES (ESS)

ESS-101 Introduction to Exercise and Sports Studies (3 credits)
This course introduces students to the many sub-disciplines of exercise and sports science. An interdisciplinary approach is used to explore the various biomedical and psychosocial dimensions of physical activity, sport and exercise. Students will study a range of topics including links between physical activity and disease risk, as well as the influence of exercise and conditioning on athletic performance, disease prevention, and physical fitness.

ESS-201 Principles of First Aid in Athletic Injury (3 credits)
This course is designed to familiarize students with the basic aspects of immediate and temporary care of athletic and sports-related injury and illness. Safety concerns regarding exercise facilities and equipment, and risk management are emphasized, along with recognition and care of physical activity-related injuries and illnesses. This course will also stress issues pertaining to professional certification, medical liability and other legal issues present in health, fitness and competitive sports industries.

Prerequisite(s): Take ESS-101

ESS-206 Coaching Theory & Methodology (3 credits)
This course is designed to analyze the fundamental theories and practices of coaching sports and/or athletics, and to familiarize students with the inherent differences of coaching theory at various levels of competitive and recreational athletics. It includes a study of the psychological and sociological aspects of coaching, the use and implementation of coaching strategies, the organization of practices and games, communication with athletes, fans, schools, parents and the media, as well as the ethics of coaching.

ESS-220 Human Biomechanics (3 credits)
This course is designed to apply principles of human anatomy that will develop into an understanding of human movement as it corresponds to exercise, athletic performance, and injury prevention. Forces that influence the human body, both at rest and during physical activity, will be discussed with emphasis on the principles underlying human movement, muscle physiology and muscular contraction

Prerequisite(s): Take ESS-101

ESS-232 Sport & Exercise Psychology (3 credits)
This course is designed to explore the relationship between sport, fitness, and various inherent behaviors unique to the sport and fitness industries. The application of psychological theory, research, and practice to sport and fitness settings can contribute immensely to an individual's athletic performance and level of participation. This course seeks to provide a solid scientific foundation to further study the practice of sport and exercise psychology. Furthermore, possessing an understanding of the psychological/mental factors that affect athletic performance in sport,physical activity and exercise is an important skill to possess for the individual practitioners in the exercise and sports studies field.

Prerequisite(s): Take ESS-101 or permission of the instructor.

ESS-270 Exercise and Sports Studies Practicum (3 credits)
This course gives students the opportunity to gain practical experience in the health and fitness industry and to explore the career options available in the field of exercise and sports studies. Students will research the various career pathways open in the exercise and sports field through both secondary sources and documented first-hand observation within various educational settings, community-based athletic programs, fitness centers, sports medicine clinics, athletic teams or corporate settings.

Prerequisite(s): Take ESS-101

ESS-301 Fitness Eval & Exercise Prescription (3 credits)
This course is designed to familiarize students with the theoretical background and practical applications needed to competently assess levels of physical fitness and markers of athletic performance, and to develop effective and appropriate exercise programs based on individual goals and objectives.

Course Types: Problem-Solving; Thinking Process

Prerequisite(s): Take ESS-201

ESS-306 Exercise Physiology (3 credits)
This course serves to develop in students an intimate understanding of systemic and metabolic physiology within the physically active individual. Students will gain a thorough understanding of various body systems and the acute responses and chronic adaptations that occur as a result of exercise stress. Overall, students will develop a basic knowledge and understanding of the functional limitations of the human organism during exercise.

Prerequisite(s): Take ESS-101

ESS-307 Sports & Fitness Management (3 credits)
Sports and fitness management serves as an examination of the principles, topics and theory pertaining to the administration and management of sports and fitness organizations. This will include, but not be limited to, the objectives, structures, philosophy, history and legal aspects of sports and fitness organizations. Current issues and trends pertaining to management of sports organizations and/or fitness facilities are analyzed.

Prerequisite(s): Take ESS-101

ESS-351 International Business of Sport (3 credits)
This course is designed to explore the relationship between sport, the health and fitness industry, and management across the globe. Basic concepts and theories of the legal, political, economic, and cultural aspects of international business will be reviewed.

Prerequisite(s): Take ESS-101

ESS-361 Economics of Sports & Fitness (3 credits)
This course is designed to provide students with an analysis of economic principles, as they pertain to the sports and fitness industries. It will cover all aspects of the economics of sport, fitness and recreation, as well as give prominence to the staggering rise of the commercial sports sector. A sound understanding of the economics of the sports and fitness industries, the sporting goods industry, the economics of sports sponsorship, the economics of major sports events, the economics of professional team sports, and the economic relationship between sport and broadcasting, will provide students with insight into the business and managerial aspects of the sports and fitness industries.

ESS-389 Special Topics (3 credits)
This course will highlight current and emerging trends relative to the exercise and sports studies field. At the time of offering, a subtitle will indicate the specific content of the course.

ESS-390 Special Topics (3 credits)
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ESS-406 Neuromuscular Function in Sport Exercise (3 credits)
This course will introduce the basic principles of neurophysiology as they apply to various forms of physical activity and athletic performance. Instruction will focus on understanding the overall structure and function of the nervous system and its implication on physical fitness and athletic performance.

Prerequisite(s): Take ESS-101

ESS-410 Strength & Conditioning Seminar (3 credits)
This course will covers the basic principles of strength training & conditioning for physical fitness and athletic development. Students will focus on proper resistance training technique; how to strengthen major muscle groups; how to develop speed, agility, and endurance; and how to obtain and maintain a high level of fitness while executing a quality exercise program. Students are exposed to various other methods of strength training and conditioning, as well as theories behind their use.

ESS-470 Exercise and Sports Studies: Internship (3 credits)
This ESS internship experience provides students with the opportunity to gain practical, hands-on experience within an exercise and sports studies facility. By agreement of the instructor, student and community internship site, the student will complete a total of 125 hours at a community-based internship site.

Prerequisite(s): Take ESS-101

ESS-490 Exercise and Sports Studies Seminar (0 credits)
This course provides the student with extensive faculty and peer guidance and feedback throughout a research or community-based internship experience. In addition, this course guides students through the transition from college into the workforce or graduate school. Students are tasked with professional development opportunities, workplace conduct, resume-building, and a host of other tasks designed to prepare them for the next phase of their professional career. Course taken concurrently with ESS Internship.

Prerequisite(s): Take ESS-101

Corequisite(s): Take ESS-470