

EXERCISE AND SPORT SCIENCE (ESS)

ESS101 Wellness (1 course hour)

Focuses on the dimensions of wellness, which include physical, spiritual, emotional, social, environmental, and intellectual. An emphasis will be on awareness, understanding, and a conscious effort to develop and balance each of these dimensions.

Pre-requisites: Transfer students only

Course offered: FA, SP

ESS110 Community First Aid and Safety (1 course hour)

Provides the knowledge and practical experience of care for breathing and cardiac emergencies in adults, infants and children, first aid for burns, bleeding, shock, poisoning, and heat and cold emergencies. American Red Cross certification is available. Does not meet general education requirement.

ESS112 Golf (1 course hour)

The sport of golf is a lifelong activity enjoyed by all ages. The student's enjoyment of golf will be enhanced by a complete understanding of the rules and etiquette that govern play, the techniques of the sport and the execution of the skills. This course offers instruction, drill work and use of a golf course. Fulfills: ESS Activity Course REGISTRATION: Offered first half of semester only

Course offered: FA

ESS119 Tennis (1 course hour)

This course offers instruction on rules, proper tennis etiquette, basic fundamentals, and overall strategy to enjoy the game of tennis. Fulfills: ESS Activity Course REGISTRATION: Meets first half of semester only

Course offered: FA

ESS124 Fast Track Fitness (1 course hour)

This physical activity class will emphasize the knowledge necessary to develop and maintain a walking regimen as a lifestyle activity for the future. Students will engage in a regular walking program while learning about goal setting, intensity levels (heart rate), proper nutrition and hydration, warm-up, cool-down, and stretching. Students must have access to a digital health monitoring device (i.e., pedometer, phone, smart watch) to participate in this course.

ESS125 Self Defense (1 course hour)

This course provides basic self-defense techniques and teaches modern dangers and threats that people may face. In addition to physical preparedness this course offers information on dating violence, Title 9 information and threat assessment skills. Disclaimer: There will be grappling/touching defenses taught (e.g. Wrist grabs defense, shoulder grabs defense, escaping being pinned on ground). Fulfills: ESS Activity Course

Course offered: FA, SP

ESS130 Weight Lifting (1 course hour)

A physical fitness course providing instruction in safe and sensible weight training techniques with emphasis on individual needs and appropriate progressions. Fulfills: ESS Activity Course

ESS132 Personal Fitness Training (1 course hour)

Exercises designed specifically for improving cardiorespiratory fitness and muscular strength and endurance. A variety of exercises will be used. Fulfills: ESS Activity Course

Course offered: FA, SP

ESS140 Outdoor Recreation (1 course hour)

This is an in-depth study of recreational camping/outdoor knowledge and skills. This course is designed to teach theory and techniques for camping and outdoor adventure. Hands on experience and practical application will be covered through course instruction and a camp outing. Students will learn to work with diversity of people, ages, skill levels, and special populations. Fulfills: ESS Activity Course

ESS148 Rhythmic Activities (1 course hour)

This class will emphasize the knowledge necessary to develop and maintain rhythmic activities and as a lifestyle activity for the future. Dances such as square dance, ballroom, social and cultural dances and design will be addressed. A typical class will consist of a short lecture followed by a dance session. This course meets requirements for teaching rhythmic activities for elementary and secondary schools. Fulfills: ESS Activity Course

Course offered: FA, SP

ESS150 Intercollegiate Participation (1 course hour)

Available for intercollegiate varsity and JV participants on a pass/fail basis for a maximum of eight credit hours (one each semester enrolled for a maximum of eight semesters). Students must be actively participating in their sport to enroll. Fulfills: ESS Activity Course

Per of Instruc Required

Course offered: FA, SP

ESS154 Wellness For Life (2 course hours)

This course focuses on the dimensions of wellness, which includes physical, spiritual, emotional, social and intellectual. An emphasis will be on awareness, understanding and a conscious effort to develop and balance each of these dimensions. Topics such as stress management, nutrition, alcohol and substance abuse will be covered.

ESS225 First Aid, CPR & AED Certification (1 course hour)

Fundamentals of first aid, Cardiopulmonary Resuscitation (CPR) and the use of an Automated External Defibrillator (AED) for adult, child and infant. Students can earn the American Heart Association Heartsaver First Aid and Basic Life Support (BLS) for Healthcare Provider certificate after successful completion of the course

Course offered: FA, SP

ESS241 Principles of Personal and Community Health (3 course hours)

This course will provide an in-depth look at the basic principles of community and personal health including topics such as population diversity, demography, epidemiology, health aspects through the life span, and health promotion resources.

Course offered: FA

ESS242 Foundations of Sport and Health (3 course hours)

This course will provide an introduction to the fields of Sport and Health. Topics will include various historical, social, and ethical issues as they apply to careers within the field. Emphasis will be placed on an exploration of professional career paths, and an assessment of the student's skills, abilities and values in relation to their vocation.

Pre-requisites: ESS and Undecided Majors Only

Course offered: FA, SP

ESS250 Theory/Tech Indiv/Team Sports (3 course hours)

This course provides instruction and practice in the teaching and lesson planning of basic motor skills related to popular individual and team sports. It will include the study of gameplay rules, skills and strategies, etiquette/safety, and required equipment.

Course offered: SP (even yrs)

ESS251 Lifespan Motor Development (3 course hours)

This course is designed to examine growth and development patterns as they relate to motor learning principles in the acquisition of simple and complex movements and the factors affecting motor development and skill progression across the lifespan.

Course offered: SP

ESS252 Theory/Techniques of Team Sports (2 course hours)

Provides instruction and practice in the teaching of basic motor skills related to team sports and includes the study of rules and required equipment.

Course offered: FA

ESS253 Theory and Tech of Indiv Sports (2 course hours)

Provides instruction and practice in the teaching of basic motor skills related to individual sports and includes the study of rules and required equipment.

Course offered: FA

ESS255 Principles of Coaching (2 course hours)

Studies the coach's role in the application of selected concepts and principles from psychology, sociology, and physiology related to motivation, training and conditioning methods.

Course offered: SP

ESS262 Coaching Your Own - Technical and Tactical Skills (1 course hour)

This class provides knowledge on the importance of technical and tactical skills of the sport of Football leading to preparing players for game day; tactical skills necessary for team success; detect and correct errors in athletic performance and transfer knowledge and ability gained in practices to execution in games.

ESS270 Sport Sociology (3 course hours)

This course is designed to survey a wide variety of topics related to current sociological issues in sport. Topics covered include issues related to gender, age, disability, politics, religion, and race/ethnicity as well as how sport shapes culture. Students will examine the role of sport in the development and challenge of social norms, the evolution of sport, and recurrent trends in sport.

Pre-requisites: PSY111 or SOC151

Course offered: SP

ESS275 Facility and Event Management (3 course hours)

This course will provide an analysis of facility and event management. Topics will include facility development, facility systems and operations, facility administration, facility preparation, and event management as well as a manager's responsibilities to human resource functions, budgeting, risk management, marketing, and security.

Course offered: FA

ESS280 Accounting/Sport Professionals (3 course hours)

This course will provide a basic introduction to accounting practices common in sport business. Topics include financial terminology, risk, economic principles, financing options, debt, and basic budgeting practices. Students will analyze real-life financial practices and develop competencies related to accounting procedures and structures.

Pre-requisites: MAT110 or MAT111 or MAT211 or MAT215

ESS295 Sport Ministry Practicum (3 course hours)

Participate in a short-term cross-cultural/international sport ministry experience.

Per of Instruc Required

Course offered: FA, SP

ESS336 Human Physiology (3 course hours)

This course is designed provide an overview of physiological structures and functions of the human body and their relationship to the maintenance of systemic balance. This course will examine how the organism as a whole accomplishes tasks essential for life from cell to tissue, tissue to organ, and organ to system.

Pre-requisites: C or better in BIO274

Course offered: SP

ESS340 Methods of Elementary PE (3 course hours)

Studies the elementary physical education program and its value to a child's education. Included are appropriate games, sports and rhythmic activities plus basic training for the physical education specialist.

Upperclass students only

Pre-requisites: C or better in ESS242 and ESS251 and ESS252 and ESS253

ESS341 Methods/Matls of Teaching PE (3 course hours)

Covers principles underlying curriculum, planning of lessons and units, the teaching process, classroom management, materials of instruction and the use of audio/visual aids.

Upperclass students only

Course offered: SP (odd yrs)

ESS346 Risk Management for Sport and Health Professionals (3 course hours)

This course will provide an in-depth examination of the legal aspects and responsibilities that pertain to sport and health professionals. Topics will include governance, tort law, contract law, constitutional law, liability, negligence, and ethics. Students will examine both proactive and reactive strategies for limiting liability and will construct a code of ethics to govern their personal and professional decision-making processes.

Course offered: SP

ESS350 Organization and Admin of Sport (3 course hours)

A study of facilities, equipment, budgeting, program planning, organization and legal issues in exercise-related professions.

Course offered: SP

ESS351 Sport Finance (3 course hours)

Sport finance will examine the financial skills necessary for competent management of sport- and health-related businesses. Topics will include revenue acquisition, financial management, financial planning and forecasting, capital structuring, operations, and inventory management. An emphasis will be placed on the development of strategies related to fundraising, sponsorship, and professional sales.

Course offered: SP (even yrs)

ESS352 Sports Marketing (3 course hours)

This class will discuss and synthesize the application of the principles of promotion and marketing to the sport and fitness industry including the area of professional sports, corporate fitness, college/high school athletics, clubs and resorts.

Course offered: FA

ESS353 Basic Athletic Train/First Aid (3 course hours)

Combines American Red Cross first aid practices with emphasis on injuries in athletics, rehabilitation of athletes, and practical knowledge of taping in a laboratory setting.

Course offered: SP

ESS365 Essentials of Personal Training (3 course hours)

This course will prepare students to take NSCA's (National Strength & Conditioning Associations) Certified Personal Trainer exam (NSCA-CPT®) and will cover techniques to assess, motivate, educate, and train clients to adapt to their personal health and fitness needs. Students will learn to design safe and effective exercise programs, provide the guidance to help clients achieve their personal health/fitness goals, and respond appropriately in emergency situations.

Upperclass students only

ESS372 Health Nutrition for Performance (3 course hours)

This course introduces nutritional concepts and common nutrition-related conditions. Content will include foundational concepts related to digestion, absorption and metabolism as well as assessment of eating patterns, nutrient requirements, and the consequences of unhealthy nutritional practices.

Course offered: FA

ESS374 Biomechanics (3 course hours)

This course is designed to increase an individual's understanding of human movement, and the relationship among the skeletal system, muscular system, and joint actions along with positional and movement analysis of the body and its link segments using both quantitative and qualitative applications. Additional emphasis is also placed on proper exercise and motion procedures, rehabilitation, and the major biomechanical movement problems.

Course offered: FA

ESS378 Sport and Exercise Psychology (3 course hours)

This course examines psychological theories and research related to sport and exercise behavior. The course is designed to provide an introduction to the field of sport and exercise psychology by providing a broad overview of the major topics in the content area.

Pre-requisites: C or better in PSY111 or SOC151

Course offered: FA

ESS393 ESS Colloquium (0 course hours)

This course provides a forum for discussion and reflection of current topics and issues within the health and sport industries. Students will engage in reciprocal teaching experiences designed to promote both personal and professional skills related to career-readiness.

Upperclass students only

Course offered: FA, SP

ESS395 ESS Practicum (1 course hour)

Practicum provides an opportunity for ESS majors to develop professional skills, applicable experience, and networking opportunities during on-the-job training in a mentoring-style environment. Fulfills: GEN301 Equivalent

Course offered: FA, SP

ESS450 Physical Activity Assessment and Measurement (3 course hours)

Selection, construction, and interpretation of assessments related to health promotion and performance utilizing basic statistical analyses for the evaluation of outcomes.

Pre-requisites: MAT111 or MAT110 or MAT211 or MAT215

Course offered: FA

ESS460 Health Education and Promotion (3 course hours)

An in-depth study of health behavior as a contributor to current public health issues and the role of health education and health promotion programming play in addressing them. This course will cover content related to community-based health education and health promotion programming across the lifespan.

Pre-requisites: C or better in ESS241

Course offered: FA (odd yrs)

ESS470 Exercise Testing and Prescription w/Lab (3 course hours)

The primary focus of this course is to present the theoretical basis and applied knowledge required for the administration of graded exercise tests and for the development of an individualized exercise prescription program. Electrocardiographic monitoring techniques and interpretation will be presented. Includes laboratory.

Pre-requisites: BIO467

Course offered: FA

ESS480 ESS Senior Seminar (3 course hours)

Senior Seminar is the Exercise and Sport Science Department's capstone course designed to utilize a blended format for instruction. Discussion of topics will include current issues, human resources, facility management, career opportunities, ethics, and strategies for professional growth. In addition to periodic face-to-face meetings, weekly online assignments are required.

Course offered: FA, SP

ESS485 Research Methods in Exercise Sci (3 course hours)

This course provides an overview of research methods, study designs, and key considerations in human experimental research within exercise science. Topics covered include an exploration of the scientific method, foundational experimental concepts, ethical considerations, techniques for finding and evaluating scholarly literature, measurement and data collection principles, and practical application of research methods. Students will also create and present a research proposal.

Pre-requisites: C or better in BIO467 and ESS450

Course offered: FA

ESS495 ESS Internship (6-12 course hours)

Internship provides an opportunity for ESS majors to develop professional skills, applicable experience, and networking opportunities during on-the-job training in a mentor-style relationship. The internship is offered for variable credit (6-12 hours) and can be repeated for a maximum of 12 credits. REGISTRATION: Senior classification and approval by internship director the semester PRIOR to registration. Limited to Seniors only

Course offered: FA, SP

ESS496 Sports Ministry Internship (1-6 course hours)

Participate in sport ministry leadership experience at a camp, church or parachurch setting. REGISTRATION: Applications must be submitted and approved prior to registration. Student must have 2.5 GPA. Minimum of 200 hours required for completion.

Per of Instruc Required