

**ESSS 202 Sport Psychology (2)**

This course will introduce students to sport psychology as a science in which the principles of psychology are applied in a sport or exercise setting, particularly to enhance performance. A-F grading only. Fall and Spring.

**ESSS 203 Coaching Methods (2)**

In this course students will learn best practices for coaching and teaching sport skills, as well as creating effective practice plans. Students will practice analyzing exercise and sport techniques, identifying errors, and providing effective feedback. Students enrolled in this course will actively participate in coaching sessions with peers. A-F grading only. Fall and Spring.

**ESSS 204 Sport Nutrition (2)**

In this course students will discuss and apply the role of various nutrients in sport performance and body composition for athletes. Issues related to drug and supplement use as well as their legality and effects on performance will also be addressed. A-F grading only. Fall and Spring.

**ESSS 205 Sport Administration (2)**

This course will explore concepts related to planning, organizing, directing, controlling, budgeting, leading, and evaluating athletic programs. Issues related to risk and team management will be discussed and evaluated. Students will develop a coaching philosophy and a foundational understanding of the legal duties related to coaching. A-F grading only. Fall and Spring.

**ESSS 215 Introduction to Sport and Exercise Research (2)**

This course is intended to demystify the process of research and to provide students an opportunity to practice and develop their inquiry and analysis skills. In this course students will learn to find, read, evaluate, use, conduct, and write exercise and sport related research. Ethical issues relative to research, particularly research involving human subjects, will also be examined and discussed. Prerequisite: SO, JN or SR standing.

**ESSS 230 Sports Injury Management I (2)**

In the context of preparing students to become effective, athlete-centered athletic coaches, part one of the two course sequence provides a foundation for best practices in preparation for, and prevention, recognition, and care of, sports related emergency situations. The skills taught in this course do not replace professional medical help, but offer guidelines and techniques for recognizing and managing emergency conditions until advanced medical help arrives. Fall and Spring. A-F grading only.

**ESSS 231 Sports Injury Management II (2)**

In the context of preparing students to become effective, athlete-centered athletic coaches, part two of the course sequence provides a foundation for best practices in the prevention, recognition, and care of sports related bone, muscle, and joint injuries, including the role of the coach in designing and implementing conditioning programs to help prevent athletic injuries. The skills taught in this course do not replace professional medical help but offer guidelines and techniques for recognizing and managing bone, muscle, and joint injuries until advanced medical care is provided. Prerequisite: ESSS 230. Fall and Spring. A-F grading only.

**ESSS 258 Human Anatomy and Physiology for Exercise Science (4)**

This course is primarily a lecture course covering fundamental human anatomy and physiology concepts with emphasis placed on the muscular, skeletal, cardiovascular, respiratory, metabolic, endocrine, and nervous systems. This course is designed to emphasize selected concepts necessary to the study of human movement, athletic performance, and athletic injuries. Spring.

**ESSS 259 Theory of Coaching Ice Hockey (1)**

Advanced skills, strategy and theories of team play of ice hockey. Practice planning and drill work, game preparation, as well as game rules. Current issues and problems in the sport. Spring, alternate years. S/U grading only.

**ESSS 260 Theory of Coaching Football (1)**

Advanced skills, strategy and theories of team play of football. Practice planning and drill work, game preparation, as well as game rules. Current issues and problems in the sport. Spring, alternate years. S/U grading only.

**ESSS 261 Theory of Coaching Basketball (1)**

Advanced skills, strategy and theories of team play of basketball. Practice planning and drill work, game preparation, as well as game rules. Fall, alternate years. S/U grading only.

**ESSS 263 Theory of Coaching Track and Cross Country (1)**

Advanced skills, strategy and theories of track and field and cross country. Practice planning and drill work, meet preparation, as well as competition rules. Current issues and problems in the sport. Fall, alternate years. S/U grading only.

**ESSS 264 Theory of Coaching Baseball (1)**

Advanced skills, strategy and theories of team play of baseball. Practice planning and drill work, game preparation, as well as game rules. Current issues and problems in the sport. Spring, alternate years. S/U grading only.

**ESSS 267 Theory of Coaching Soccer (1)**

Advanced skills, strategy and theories of team play of soccer. Practice planning and drill work, game preparation, as well as game rules. Current issues and problems in the sport. Spring, alternate years. S/U grading only.

**ESSS 269 Theory of Coaching Volleyball (1)**

Coaching of skills, strategy and theories of volleyball. Emphasis to include drill work, practices, contest planning and rules. Fall, alternate years. S/U grading only.

**ESSS 270 Theory of Coaching Softball (1)**

Coaching of skills, strategy and theories of softball. Emphasis also to include drill work, practices, contest planning and rules. Spring, alternate years. S/U grading only.

**ESSS 271 Independent study (1-4)**

Supervised reading or research at the lower-division level. Approval of department chair required. Not available to firstyear students.

**ESSS 273 Health and Fitness (4)**

In this course, students will discuss and apply foundational concepts of exercise and fitness, chronic disease prevention and management, and wellness. Students will learn about the biological and psychosocial dimensions of gender and how these dimensions influence exercise behavior, general health, and chronic disease risk/management. Issues of race, class, ethnicity, and sexuality will also be discussed in relation to course concepts. Students will apply course concepts in designing individualized exercise programs. In the laboratory portion of the course, students assess their own fitness status using health screening and risk appraisal tools, traditional field tests to assess physiological abilities, and common methods to assess body composition. Prerequisites: ESSS 258 or BIOL 201 or BIOL 216 or BIOL 221. Fall.

**ESSS 275 Techniques in Athletic Training (1)**

In this course students will integrate and apply knowledge and develop practical skills related to the taping and wrapping of injuries, assessing and managing on-the-field injuries, and the treatment of acute and chronic injuries. Students are required to demonstrate competency in specified techniques. Fall and spring. S/U grading only.

**ESSS 299 Research Practicum (1-4)**

The student will work jointly with a faculty member in conducting a faculty-designed research project. The course is repeatable for a maximum of four total credits in the department.

**ESSS 306 Kinesiology (4)**

In this course, students will integrate and apply fundamental anatomical, physiological and biomechanical concepts to understand and describe human movement. Students will use analytical skills to evaluate human movement, including complex movements such as walking. The laboratory component of the course will emphasize critical thinking and problem-solving skills through the qualitative and quantitative assessment of human movement. Prerequisites: ESSS 258 or BIOL 325 (may be taken concurrently); completion of the Common Curriculum math requirement. Recommended: PHYS 105 or 191. Fall.

**ESSS 307 Advanced Injury Assessment (2)**

In this course, students will learn and apply fundamental theoretical and practical concepts relative to assessing and managing common athletic injuries, primarily of the extremities. Students will develop critical thinking skills by identifying injuries based on relevant signs/symptoms and by identifying management strategies based on the nature of the injury. Students will also learn to effectively communicate through written SOAP notes. Prerequisites: ESSS 258 or BIOL 325. Fall.

**ESSS 308 Exercise Physiology (4)**

In this course students will advance their understanding of the human body's physiological response to exercise. Topics include acute responses and chronic adaptations of the muscular, cardiovascular, respiratory, endocrine, and bioenergetics systems to exercise induced stress. Environmental influences on performance and gender differences will also be explored. In the laboratory portion of the course students will practice the scientific method by assessing physiological capacities using the laboratory assessment methods. Prerequisites: ESSS 273; [ESSS 258 or BIOL 216 or BIOL 325]; [MATH 118 or MATH 119 or MATH 124 or PSYC 221 or SOCI 201]. Spring.

**ESSS 310 Principles of Strength Training and Conditioning (4)**

Students will develop a functional understanding of exercise science as it applies to strength training and conditioning. Exercise science concepts and principles will be applied to assess human performance, and to design theoretically rationalized exercise programs. In the laboratory portion of the course, students will develop a practical understanding of the principles of test selection and administration, and the principles used to effectively instruct physically active individuals in safe and effective exercise technique. Prerequisites: ESSS 258 or BIOL 216 or BIOL 325. Spring.

**ESSS 316 Research Methods (2)**

Students will learn about different types of research and experimental designs in the fields of exercise science and health. Emphasis is placed on the elements of research leading up to data collection, including critical consumption of scholarly information, developing a research question, conducting a literature review, and completing a research proposal. The role of the Institutional Review Board in protecting the rights of human subjects will also be discussed. Prerequisites: (MATH 124 or PSYC 221 or SOCI 201) and (ESSS 306 or ESSS 308 or NUTR 330 or NUTR 331). A-F grading only. Spring.

**ESSS 320 Gender and Sport (2)**

This course examines the role gender played and continues to play in shaping sport in society. Students will examine topics such as Title IX, gender and social context, and the representation of athletes in the media. This course will count towards the Gender Studies major. A-F grading only. Spring.

**ESSS 321 Culture and Sport (2)**

This course examines sport and its cultural implications. . Students will understand that sport serves as a cultural lens that reflects and defines cultural beliefs and values. Historical, political and economic views will be studied along with fandom and youth sport models. Students will learn about their own personal culture, sub-cultures and in depth information about a local culture. This course has a 20 hour service learning requirement that can be fulfilled throughout the entire semester. A-F grading only. Fall.

**ESSS 371 Independent study (1-4)**

Supervised reading or research at the upper-division level. Approval of department chair and completion and/or concurrent registration of 12 credits within the department required. Not available to first year students.

**ESSS 390 Sport Ethics (4)**

This course introduces students to a variety of theories of moral reasoning, ethical and unethical behavior in sport, and the development of moral education through sport. Students will engage in learning about how they should act in order to support the moral foundation necessary for sport to function effectively. Students will wrestle with questions such as "how should I act" or "what type of an athlete, coach, official, manager, fan or parent should I be" through readings and discussions. Decision-making models based on moral reasoning theory and other principles of strategic reasoning will be employed as students navigate case studies and issues related to sport. This course has a required 20 hour Service Learning component. Prerequisite: Junior or Senior status. Fall and Spring.

**ESSS 395 Research Seminar I (1)**

Students in this course will continue the work they began in ESSS 316 Research Methods, including finalizing research proposals and applying for Institutional Review Board review, if necessary. Students will pilot their procedures and begin data collections for their research projects. Students will communicate their ideas, challenges, and progress to class colleagues throughout the semester. Throughout the research process students will be asked to reflect upon the process, on how their project has integrated their previous coursework, and how performing research has changed their perspectives on health and human performance. Offered for A-F grading only. Prerequisites: ESSS 316

**ESSS 396 Research Seminar II (1)**

Students on this course will continue the data collection process for research projects started in ESSS 395. Students will communicate their ideas and progress to class colleagues. After data collections, students will analyze data and interpret the results. Conclusions will be drawn from the results and the final projects will be presented on or off campus. Throughout the research process students will be asked to reflect upon the process, on how their project has integrated their previous coursework, and how performing research has changed their perspectives on health and human performance. Prerequisites: ESSS 395 Note: Students must take 395 and 396 for EL designation. EL remains on 396. A-F grading only. Fall.

**ESSS 397 Internship (1-4)**

Internship in an approved setting. Work experience in a health, sport, or exercise related field supervised by agency personnel and department coordinator. All internships need to be planned with the CSB/SJU internship office one semester prior to work experience. Offered for S/U grading only.

**ESSS XXXA Assessment of Student Learning (0)**

This course is designed to assess the students' experiences associated with the Exercise Science and Sport Studies minor and to assist in the assessment of the overall program. The assessment methods will include, but is not limited to, a survey regarding the quality of the program. This course is to be completed in the student's final semester prior to graduation. S/U grading only.