HEALTH, EXERCISE SCIENCE AND SPORT MANAGEMENT

UW-PARKSIDE 2015-17 CATALOG

College:
Natural and Health Sciences

Degree and Programs Offered:
Bachelor of Science

Majors - Exercise Science, Sport Management
Certificates - Exercise Science, Sport Management, Coaching

Department Overview
The Health, Exercise Science and Sport Management (HESM) Department offers majors in sport management and exercise science as well as certificates in exercise science, sport management and coaching. The department also significantly supports the applied health sciences major. Please see “Applied Health Sciences” for more information. Certificates in exercise science, sport management and coaching are designed to supplement an existing major with career-specific course work to enhance employment opportunities. In addition, the curriculum provides all students with the possibility of obtaining an education in lifetime wellness and a variety of lifetime activities stressing awareness, knowledge and skills to promote lifelong wellness and improved quality of life.

Career Possibilities
Majors can find employment within the sport or fitness fields with numerous types of organizations including amateur and professional sport organizations, educational institutions, health and fitness centers, private and municipal recreation programs or the sporting goods industry. Careers include administration, coaching, marketing, consulting, facility operations, journalism, personal training, directing fitness facilities, program development, public relations, sales and sports information.

Preparation for Graduate Studies
Undergraduate study in sport management provides excellent preparation for graduate study in sport administration, sport management, business and sport law. Undergraduate study in exercise science provides preparation for advanced study in such areas as biomechanics, exercise physiology, kinesiology, athletic training, occupational therapy and physical therapy.

Student Organizations/Clubs
Sport & Fitness Management Club.

Program Level Outcomes for Exercise Science
1. Apply the knowledge of exercise science principles.
   - Analyze and assess human movement in a variety of levels and contexts
   - Develop and execute appropriate fitness assessments and programs for flexibility, strength, endurance, body composition, plyometrics, speed development and conditioning
   - Create scientifically based periodized programs for anaerobic and aerobic exercise
   - Plan, implement and evaluate effective exercise or health-related programs

2. Demonstrate effective professional communication skills through a variety of mediums.
   - Use professional oral and visual communication skills effectively when giving a presentation on a topic in the field of exercise science
   - Demonstrate effective writing skills regarding a fitness management problem or issue
   - Demonstrate competence with interpersonal communication in a situation related to fitness management/exercise science
   - Demonstrate effective individual and group exercise leadership skills

3. Demonstrate effective critical thinking skills in the area of exercise science.
   - Appropriately apply scientific methods to the field of exercise science
   - Apply evidence-based decision-making in planning safe and effective exercise programming for any population
   - Evaluate information and evidence related to fitness and health practices
4. Act as a socially responsible member of the exercise science/fitness management profession.
   • Develop personal and professional philosophies necessary to excel professionally
   • Use the various dimensions of diversity, ethics, and law for professional decision-making in relation to fitness management
   • Appreciate the need and have the desire to seek the most current knowledge in the field

Admission Requirements for the Exercise Science Major
To be accepted into the exercise science major, a student must have:
   • A cumulative GPA of 2.00 or better, and
   • A GPA of 2.75 or better in 12 or more completed credits (these 12 credits must include HESM 210 Introduction to Health, Exercise Science and Sport Management and cannot include fieldwork credits), and
   • Obtain a grade of C or better in each of the classes utilized to declare the major (C- is not acceptable)
   • These requirements can be satisfied by equivalent transfer work that is accepted by the department

Requirements for the Exercise Science Major (73-78 credits)
In addition to satisfying the general university requirements, students seeking to graduate with a bachelor of science with a major in exercise science must satisfy the following:
   • Complete all required course work (73-78 credits) for the major, and
   • Obtain a grade of a C or better in each of the required courses (C- is not acceptable), and
   • Achieve a minimum 2.75 GPA in all classes counted toward the major.

A. Required Core Courses (61-65 credits)
   1. Choose one combination of anatomy courses (6 or 10 credits)
      BIOS 105 Human Physiology and Anatomy I ..............5 cr
      AND BIOS 106 Human Physiology and Anatomy II ........5 cr
      OR BIOS 300 Functional Human Anatomy ..................3 cr
      AND BIOS 341 Mammalian Physiology .....................3 cr
   2. Choose one physics course (4 credits)
      PHYS 101 Principles of Physics .............................4 cr
      OR PHYS 102 Principles of Physics with Medical Applications ..................4 cr
   3. Required psychology course (3 credits)
      PSYC 101 Introduction to Psychological Science .........................3 cr

   4. Choose one health science related course (3 credits)
      HESM 210 Introduction to Health, Exercise Science and Sport Management .....................3 cr
      OR AHS 101 Introduction to Applied Health Sciences ........................................3 cr

   5. Required courses (45 credits)
      HESM 270 Lifetime Wellness ..........3 cr
      HESM 280 Sport and Fitness Nutrition ..........3 cr
      HESM 300 Legal Issues in Sport and Fitness Management .....................................3 cr
      HESM 345 Prevention and Care of Athletic Injuries ........................................3 cr
      HESM 353 Biomechanics .................4 cr
      HESM 354 Physiology of Exercise .............4 cr
      HESM 358 Sport and Fitness Psychology ..........3 cr
      HESM 410 Fitness Assessment and Prescription ........................................3 cr
      HESM 415 Scientific Principles of Strength and Conditioning ....................4 cr
      HESM 430 Fitness Program Management ..........3 cr
      HESM 498* Fieldwork in Exercise Science ..........12 cr

* The fieldwork requirement can be completed by one of the following options:
   a) Fieldwork Only Option
      Twelve (12) credits with at least 3 of these credits completed in the student’s last semester of studies.
   b) Fieldwork/Course Option
      Twelve (12) credits of 300- or 400-level pre-approved courses. A minimum of 6 credits must be in HESM 498 Fieldwork in Exercise Science with at least 3 of these credits completed in the student’s last semester of studies.

   In addition to completing the core courses within the exercise science major, students must choose and complete one of the following concentrations, based on their area of interest:

B. Required Exercise Science Concentrations (12-13 credits)
In addition to completing the core courses within the exercise science major, students must choose and complete one of the following concentrations, based on their area of interest:
   1. Fitness Management (12 credits)
      Required courses:
      BUS 100 Introduction to Business .....................3 cr
      ACCT 201 Financial Accounting .....................3 cr
      HESM 450 Sport and Fitness Marketing .............3 cr
      HESM 455 Sport Sales and Customer Service ........3 cr

   2. Strength and Conditioning (12-13 credits)
      a. Required courses (9 credits):
         HESM 350 Research Methods in Exercise Science ..........3 cr
         HESM 425 Program Design and Exercise Techniques .............3 cr
Program Level Outcomes for Sport Management

1. Demonstrate effective communication skills through a variety of mediums.
   - Students are able to use oral or visual communication for business purposes using professional communication styles
   - Students are able to use written communication for business purposes using professional communication styles
   - Students demonstrate an ability to use interpersonal and mass communication styles in sport business

2. Collect and analyze information connected to the sports management discipline.
   - Demonstrate an ability to use the fundamental principles of the sport management field, which include marketing, finance and law
   - Effectively apply technology to analyze and interpret data

3. Demonstrate a proficiency in identifying and resolving problems.
   - Students can identify and evaluate sport business concerns
   - Students can communicate how learned concepts affect business situations while providing a potential solution to any problem
   - Students can identify potential ethical dilemmas and be proactive in resolving them

4. Function effectively in a manner similar to industry personnel.
   - Students demonstrate the ability to make economic decisions to improve the business
   - Students use the various dimensions of diversity, ethics, and law for professional decision-making in relation to sport management

5. Develop critical thinking skills through disciplined intellectual inquiry.
   - Students are able to utilize strong logic in developing potential solutions to problems within professional and ethical standards
   - Students can recognize and analyze sport business issues through relevant literature

Admission Requirements for the Sport Management Major

To be accepted into the sport management major, a student must have:

- A cumulative GPA of 2.00 or better, and
- A GPA of 2.50 or better in 12 or more completed credits (these 12 credits must include HESM 210 Introduction to Health, Exercise Science and Sport Management and cannot include fieldwork credits), and
- Obtain a grade of C or better in each of the classes utilized to declare the major (C- is not acceptable).
- These requirements can be satisfied by equivalent transfer work that is accepted by the department.

Requirements for the Sport Management Major (60 credits)

In addition to satisfying the general university requirements, students seeking to graduate with bachelor of science with a major in sport management must satisfy the following:

- Complete all required course work (60 credits) for the major, and
- Obtain a grade of a C or better in each of the required courses (C- is not acceptable), and
- Achieve a minimum 2.50 GPA in all classes counted toward the major.

A. Required Core Courses (39 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>BUS 100</td>
<td>Introduction to Business</td>
<td>3 cr</td>
</tr>
<tr>
<td>SPCH 105</td>
<td>Public Speaking</td>
<td>3 cr</td>
</tr>
<tr>
<td>ENGL 204</td>
<td>Writing for Business and Industry</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 210</td>
<td>Introduction to Health, Exercise Science</td>
<td>3 cr</td>
</tr>
<tr>
<td></td>
<td>and Sport Management</td>
<td></td>
</tr>
<tr>
<td>HESM 220</td>
<td>Advanced Issues in Sport Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 282</td>
<td>Ethics and Issues in Sport Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 300</td>
<td>Legal Issues in Sport and Fitness</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 420</td>
<td>Sport Business and Finance Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 450</td>
<td>Sport and Fitness Marketing</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 480</td>
<td>Senior Seminar in Sport Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 495</td>
<td>Fieldwork in Sport Management</td>
<td>9 cr</td>
</tr>
</tbody>
</table>

B. Elective Courses (21 credits)

Choose courses from the list below:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACCT 201</td>
<td>Financial Accounting</td>
<td>3 cr</td>
</tr>
<tr>
<td>ART 104</td>
<td>Introduction to Digital Art</td>
<td>3 cr</td>
</tr>
<tr>
<td>ECON 305</td>
<td>Economics of Sports</td>
<td>3 cr</td>
</tr>
<tr>
<td>MGT 349</td>
<td>Organizational Behavior</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 289</td>
<td>Special Topics in Sport Management</td>
<td>1-3 cr</td>
</tr>
<tr>
<td>HESM 310</td>
<td>Sports Industry Regulation</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 320</td>
<td>The Business of Minor League Baseball</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 330</td>
<td>Sport in Society</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 335</td>
<td>Race, Ethnicity and Baseball in American Society</td>
<td>3 cr</td>
</tr>
</tbody>
</table>
Requirements for the Exercise Science Certificate (20-24 credits)

Complete all required course work (20-24 credits) for the certificate and achieve a minimum 2.75 GPA in certificate course work. Obtain a grade of C or better (C- is not acceptable) in each of the classes utilized to earn the certificate.

A. Choose one Combination of Anatomy Courses (6 or 10 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOS 105 Human Physiology and Anatomy I</td>
<td>5 cr</td>
</tr>
<tr>
<td>AND BIOS 106 Human Physiology and Anatomy II</td>
<td>5 cr</td>
</tr>
<tr>
<td>OR BIOS 300 Functional Human Anatomy</td>
<td>3 cr</td>
</tr>
<tr>
<td>AND BIOS 341 Mammalian Physiology</td>
<td>3 cr</td>
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</tbody>
</table>

B. Required Courses (14 credits)

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
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</thead>
<tbody>
<tr>
<td>HESM 270 Lifetime Wellness</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 280 Sport and Fitness Nutrition</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 353 Biomechanics</td>
<td>4 cr</td>
</tr>
<tr>
<td>HESM 354 Physiology of Exercise</td>
<td>4 cr</td>
</tr>
</tbody>
</table>

Requirements for the Sport Management Certificate (15 credits)

Complete all required course work (15 credits) for the certificate and achieve a minimum 2.50 GPA in certificate course work. Obtain a grade of C or better (C- is not acceptable) in each of the classes utilized to earn the certificate.

**Required Courses (15 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESM 210 Introduction to Health, Exercise Science and Sport Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 282 Ethics and Issues in Sport Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 300 Legal Issues in Sport and Fitness Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 450 Sport and Fitness Marketing</td>
<td>3 cr</td>
</tr>
<tr>
<td>Elective</td>
<td>3 cr</td>
</tr>
</tbody>
</table>

**Elective (3 credits)**

3 credits of approved HESM 300- or 400-level course work.

**Elective (3 credits)**

3 credits of approved HESM 300- or 400-level course work.

Requirements for the Coaching Certificate (15-16 credits)

Complete all required course work (15 credits) for the certificate and achieve a minimum 2.50 GPA in certificate course work. Individuals who successfully complete the coaching certificate requirements will meet Wisconsin Intercollegiate Athletic Association (WIAA) requirements for coaching. Individuals will also meet Illinois High School Association (IHSA) course requirements for coaching but will also need to pass the Illinois By-Law Examination to be certified to coach in Illinois high schools.

**A. Required Courses (9 credits)**

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESM 201 Community First Aid and Cardio Pulmonary Resuscitation</td>
<td>1 cr</td>
</tr>
<tr>
<td>HESM 250 Sport Safety Training for Coaches</td>
<td>3 cr</td>
</tr>
<tr>
<td>OR HESM 345 Prevention and Care of Athletic Injuries</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 283 Orientation to Coaching</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 301 Sport Conditioning Practice Design</td>
<td>2 cr</td>
</tr>
</tbody>
</table>

**B. Elective Course (3-4 credits)**

Choose one:

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESM 280 Sport and Fitness Nutrition</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 300 Legal Issues in Sport and Fitness Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 358 Sport and Fitness Psychology</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 380 Facility Development and Management</td>
<td>3 cr</td>
</tr>
<tr>
<td>HESM 415 Scientific Principles of Strength and Conditioning</td>
<td>4 cr</td>
</tr>
</tbody>
</table>

**C. Required Theory and Activity Courses (3 credits)**

1. Choose one theory course

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESM 850 Coaching Theory</td>
<td>2 cr</td>
</tr>
<tr>
<td>Base (251), Basketball (252), Soccer (259), Softball (260), Track and Field (264), or Volleyball (266)</td>
<td>2 cr</td>
</tr>
</tbody>
</table>

2. Choose one activity course

<table>
<thead>
<tr>
<th>Course</th>
<th>Credits</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESM 850 Activity Course</td>
<td>1 cr</td>
</tr>
<tr>
<td>Baseball (115), Basketball (117), Soccer I (180), Softball (182), Track and Field (192), or Volleyball (194)</td>
<td>1 cr</td>
</tr>
</tbody>
</table>

* Each of the coaching theory courses has a corresponding activity course (1 credit each) as a prerequisite.

Students attempting to complete the coaching certificate can seek a waiver of the activity course prerequisite requirement if they can provide acceptable written proof that they currently compete or previously competed in that sport at the varsity level in either college or high school.
Courses in Health, Exercise Science and Sport Management (HESM)

105 - 196 ACTIVITY COURSES

105 Beginning Swimming ........................................... 1 cr
Prereq: Non-swimmers only. Freq: Occasionally.
Designed for the non-swimmers or those who cannot swim 25 yards.
Swimming basic strokes, basic water skills and water safety skills are taught.

106 Intermediate Swimming ...................................... 1 cr
Prereq: Able to swim 25 yards using a minimum three basic strokes,
or pass HESM 105. Freq: Occasionally.
Designed for the level 3 and level 4 swimmers of average swimming
ability. This course will refine current swimming skills, teach new strokes
and skills and cover personal water safety skills.

107 Advanced Swimming .......................................... 1 cr
Prereq: Strong swimming skills, able to swim 25 yards using
four different strokes. Freq: Occasionally.
Designed for the level 5 and higher swimmer. Improves upon six basic
strokes, increase efficiency and endurance.

108 Water Fitness and Conditioning .............................. 1 cr
Prereq: None. Freq: Occasionally.
Provides fitness, fun and safety for all levels and abilities as an
alternative to the traditional land-based exercise programs. Activities in
both shallow and deep water using floatation. Includes cardiovascular
conditioning, strengthening and toning using various water exercises
and activities.

109 Scuba Diving ......................................................... 1 cr
Prereq: None. Freq: Occasionally.
The fundamentals of scuba diving including diving equipment and
techniques. Successful completion of the course qualifies students for
check-out dives and final scuba diver certification. This course is taught
under the auspices of the Professional Association of Divemasters
(PADI), Extra fees required.

110 Swim for Fitness ..................................................... 1 cr
Prereq: Ability to swim a minimum of 100 yards using any stroke; or
consent of instructor. Freq: Fall, Spring.
Improve cardiovascular fitness through swimming. Additional swimming
outside of class is required. Not appropriate for weak or non-swimmers.
May be repeated for a maximum of 4 credits.

112 Badminton ............................................................ 1 cr
Prereq: None. Freq: Occasionally.
Introduction to basic skills, rules, proper court position and conditioning.

115 Base................................................................. 1 cr
Prereq: None. Freq: Occasionally.
Introduction to fundamental skills and the elements of position play.

117 Basketball ........................................................... 1 cr
Prereq: None. Freq: Occasionally.
Practical experience in fundamentals and team play.

130 Relaxation ............................................................ 1 cr
Prereq: None. Freq: Occasionally.
The purpose of this course is to provide the student with the necessary
knowledge and the ability to recognize stressors and their effects on
one's life, as well as the implementation of various relaxation techniques.
Relaxation techniques including deep breathing, meditation, imagery
and progressive relaxation are among those covered in the course.

131 Pilates and Fitness Yoga ......................................... 1 cr
Prereq: None. Freq: Occasionally.
Pilates is a type of movement system that uses a series of floor exercises
to increase strength, flexibility, balance, stamina, and concentration
while focusing on your center or core. Fitness Yoga is a program for a
more powerful defined physique using traditional yoga asanas geared
toward the athlete and fitness enthusiast.

138 Jogging for Fun & Fitness ..................................... 1 cr
Prereq: None. Freq: Occasionally.
Teaches students proper running techniques, how to set up a personal
fitness plan, how to assess one's cardiovascular fitness, and safety
issues related to running. May be repeated for a maximum of 4 credits.

139 Disc Golf ............................................................ 1 cr
Prereq: None. Freq: Occasionally.
To provide the student with the knowledge and skills needed to play
disc golf. Students will also learn rules necessary to play at a
competitive level.

141 Golf I ................................................................. 1 cr
Prereq: None. Freq: Occasionally.
Fundamentals of golf: grip, stance, swing, rules and etiquette. Practice
with all clubs with emphasis upon fundamental mechanics. Opportunity
to develop skills on local golf courses.

142 Golf II ............................................................... 1 cr
Prereq: HESM 141 or consent of instructor. Freq: Occasionally.
Continuation of Golf I. Advanced shots, playing, and planning all types
of tournaments.

143 Step Aerobics I ..................................................... 1 cr
Prereq: None. Freq: Occasionally.
Basic step aerobics fundamentals and medium impact levels of
cardiovascular development.

144 Step Aerobics II .................................................. 1 cr
Prereq: HESM 143. Freq: Occasionally.
Advanced techniques in step aerobics to develop high-level skills and
fitness.

149 Aerobics I ........................................................... 1 cr
Prereq: None. Freq: Occasionally.
Provides a study of aerobic dance, exercise theory and techniques.

150 Aerobics II ........................................................... 1 cr
Prereq: HESM 149 or consent of instructor. Freq: Occasionally.
Advanced techniques of aerobics including step aerobics designed to
improve fitness levels and provide greater understanding of the values
of exercise theory.

157 Karate I ............................................................... 1 cr
Prereq: None. Freq: Occasionally.
Fundamentals of basic karate techniques. Emphasis placed on proper
overall organization of hand and foot techniques, stances, posture,
and physical principles of power.

158 Karate II ............................................................ 1 cr
Prereq: HESM 157 or consent of instructor. Freq: Occasionally.
Intermediate study in the art of self-defense. Introduction to defense
against an actual assailant and concentrated study of prearranged
formal exercises.

159 Karate III ........................................................... 1 cr
Prereq: HESM 158 or consent of instructor. Freq: Occasionally.
Advanced study in the art of self-defense. Instruction in defense against
attacks with a weapon and multiple assailants. Combined physical
psychological principles of power.

163 Yoga I ............................................................... 1 cr
Prereq: None. Freq: Occasionally.
A study of the various yoga disciplines. Emphasis on the total health of
a person through the discipline.

164 Yoga II ............................................................. 1 cr
Prereq: HESM 163 or consent of instructor. Freq: Occasionally.
Lecture and instruction in fundamental yoga philosophy and in the
physical exercises (asanas) as they involve both psychological and
physiological processes. Students will gain a deeper understanding and
appreciation of the principles of relaxation to enhance their well
being.
171 Fitness for Life ......................................................... 1 cr  
Prereq: HESM 270. Freq: Fall, Spring, Summer.
Implement your own fitness program utilizing the Wellness and Strength/Conditioning Centers on campus. Participants complete an organized fitness pre-assessment during the first week of class and a post-assessment during the last week of class with credit given for individual workouts throughout the semester. May be repeated for a maximum of 4 credits.

179 Aerobic Walking ..................................................... 1 cr  
Prereq: None. Freq: Occasionally.
To learn and develop proper aerobic walking techniques and develop appropriate personal fitness benefits of walking. May be repeated for a maximum of 4 credits.

180 Soccer I ................................................................. 1 cr  
Prereq: None. Freq: Occasionally.
Practice basic principles of soccer skills. Class is divided into groups for principles of team play and the use of these skills in game situations.

181 Soccer II ............................................................... 1 cr  
Prereq: HESM 180 or consent of instructor. Freq: Occasionally.
Advanced study and practice in the tactics, strategy and fitness of the game of soccer, with emphasis on theory rather than techniques.

182 Softball ................................................................. 1 cr  
Prereq: None. Freq: Occasionally.
Fundamentals of softball, position play stressed, offensive and defensive team play presented.

183 Cross Training I ...................................................... 1 cr  
Prereq: Consent of instructor. Freq: Occasionally.
Designed for developing power and quickness for the athlete who participates in serious recreational leagues and amateur sports competition, combining plyometrics, agility, and speed training.

184 Cross Training II .................................................... 1 cr  
Prereq: HESM 183 or consent of instructor. Freq: Occasionally.
Mid-level skill developmental in the areas of plyometrics, agility, and speed for the serious recreational and amateur sports competitor.

185 Cross Training III .................................................. 1 cr  
Prereq: HESM 184 or consent of instructor. Freq: Occasionally.
Advanced skill development in the areas of plyometrics, agility, and speed for the serious competitor in amateur athletics.

186 Cross Training IV .................................................. 1 cr  
Prereq: HESM 185 or consent of instructor. Freq: Occasionally.
High performance development in advanced skills of plyometrics, agility and speed for the serious competitor and amateur athlete.

190 Special Topics ....................................................... 1 cr  
Prereq: None. Freq: Occasionally.
Selected activity courses will be examined.

192 Track and Field ..................................................... 1 cr  
Prereq: None. Freq: Occasionally.
Fundamentals of track and field events.

194 Volleyball ............................................................ 1 cr  
Prereq: None. Freq: Occasionally.
Fundamentals of technique, elements of attack and defense, rules interpretation, game strategy, officiating and skill testing.

196 Weight Training ..................................................... 1 cr  
Prereq: None. Freq: Occasionally.
Elementary weight training to introduce the student to a general program of the basic lifts, the muscle groups affected by these lifts, and procedures of safety factors and theory of weight training.

201 Community First Aid and Cardio Pulmonary Resuscitation ..................................................... 1 cr  
Prereq: None. Freq: Occasionally.
To train responders to recognize and care for non life-threatening emergencies and life-threatening respiratory or cardiac emergencies in adults, children and infants. Certifications include Standard First Aid and Adult, Children and Infant Cardio-Pulmonary Resuscitation and Automated External Defibrillation (CPR/AED).

210 Introduction to Health, Exercise Science and Sport Management ............................................. 3 cr  
Prereq: None. Freq: Fall, Spring.
Provides an overview of the health, exercise science and sports industries. Emphasis will be placed on basic management principles and career opportunities.

220 Advanced Issues in Sport Management .......................................................... 3 cr  
Prereq: At least sophmore standing, HESM 210 with a grade of C or better. Freq: Fall, Spring.
An intermediate course where greater disciplinary depth is explored with emphases on applied learning through project design, implementation, and analyses of sub-disciplinary topics. Combines classroom instruction with practical experiences in the field in order to better prepare students for working in today's industry.

232 Lifeguard Training ................................................ 2 cr  
Prereq: Ability to swim 500 yards continuously using the front crawl and breast stroke. Freq: Spring.
Develops lifeguard skills and knowledge needed to prevent and respond to aquatic emergencies. Upon successful completion American Red Cross certifications will be issued. Additional fees.

233 Water Safety Instructor .......................................... 2 cr  
Prereq: Level 4 swimmer skills. Freq: Fall.
Students completing this course will be eligible to teach progressive swimming courses and four other certifying courses. Meets American Red Cross standards. One-hour lecture. Additional fees.

240 Ballet I ................................................................. 2 cr  
Prereq: None. Freq: Occasionally.
Ballet I offers the student the opportunity to get in shape and achieve positive personal goals through the study of classical ballet technique, terminology and style.

241 Ballet II ............................................................... 2 cr  
Prereq: HESM 240 or previous ballet dance training. Freq: Occasionally.
A continuing study of ballet techniques, music and performance styles for dancers who have already experienced beginning ballet study.

242 Jazz Dance I ........................................................ 2 cr  
Prereq: None. Freq: Occasionally.
Jazz Dance offers the opportunity to get in shape and achieve positive personal goals through the study of jazz dance, terminology and styles of dancing.

243 Jazz Dance II ........................................................ 2 cr  
Prereq: HESM 242 or consent of instructor. Freq: Occasionally.
Further study of jazz dance technique, terminology, style, musicality, and quality of motion. Includes the origin of jazz dance and the continuing evolution of this indigenous American art form.

250 Sport Safety Training for Coaches .......................... 3 cr  
Prereq: None. Freq: Fall.
Provides coaches with a knowledge and skills to help provide a safe environment for athletes while they are practicing, competing and recovering from injury. During this course students/coaches will learn basic taping techniques, concussion evaluations and injury management.

251-266 COACHING THEORY

251 Baseball ............................................................ 2 cr  
Prereq: HESM 115 or consent of instructor. Freq: Occasionally.
A study of the techniques necessary to organize, administer, and teach baseball for interscholastic competition. Two-hour lecture.

252 Basketball .......................................................... 2 cr  
Prereq: HESM 117 or consent of instructor. Freq: Occasionally.
A study of the techniques necessary to organize, administer, and teach basketball for interscholastic competition. Two-hour lecture.

259 Soccer ............................................................... 2 cr  
Prereq: HESM 180 or consent of instructor. Freq: Occasionally.
A study of the techniques necessary to organize, administer, and teach soccer for interscholastic competition. Two-hour lecture.
260 Softball.................................................................2 cr
Prereq: HESM 182 or consent of instructor. Freq: Occasionally.
A study of the techniques necessary to organize, administer, and teach
softball for interscholastic competition. Two-hour lecture.

264 Track and Field....................................................2 cr
Prereq: HESM 192 or consent of instructor. Freq: Occasionally.
A study of the techniques necessary to organize, administer, and teach
track and field for interscholastic competition. Two-hour lecture.

266 Volleyball.............................................................2 cr
Prereq: HESM 194 or consent of instructor. Freq: Occasionally.
A study of the techniques necessary to organize, administer, and teach
volleyball for interscholastic competition. Two-hour lecture.

270 Lifetime Wellness.................................................3 cr
Prereq: None. Freq: Fall, Spring, Summer.
Provides the necessary knowledge and skills to develop a personal
fitness/wellness program and to achieve greater lifelong health and
wellness. Participants complete an organized fitness pre-assessment
during the first week of class and a post-assessment during the last
week of class with credit given for individual workouts throughout
the semester. Workouts outside of the scheduled class period will be
required.

280 Sport and Fitness Nutrition....................................3 cr
Prereq: None. Freq: Fall, Spring.
The goal of this course is to develop an understanding of the interaction
of good nutrition and exercise habits. Focus on nutritional strategies
to maximize energy to get the most out of exercise. The needs and
responses of special populations to diet and exercise will also be
considered.

282 Ethics and Issues in Sport Management..................3 cr
Prereq: None. Freq: Fall, Spring.
A study of ethical and behavioral issues as they relate to current
issues and problems in sport management. Topics include college,
youth and professional sport, academic standards, eligibility criteria,
sportsmanship, gamesmanship, gambling, diversity, media, athletes as
role models, and solving ethical dilemmas confronting professionals in
sport management.

283 Orientation to Coaching........................................3 cr
Prereq: None. Freq: Spring.
Designed to introduce the student to the general techniques and
responsibilities necessary for success in athletic coaching.

289 Special Topics in Sport Management........................1-3 cr
Prereq: Varies by topic. Freq: Occasionally.
Selected topics in sport management will be examined.

290 Special Topics in Health and Exercise Science..........1-3 cr
Prereq: Varies by topic. Freq: Occasionally.
Selected topics in health and exercise science will be examined.

300 Legal Issues in Sport and Fitness Management.........3 cr
Prereq: Junior/senior standing. Freq: Fall, Spring.
A presentation of the basic legal system, terminology and principles
as applied to sport and fitness management. Emphasis is placed on
identifying and analyzing legal issues, the ramifications of those issues,
and the means of limiting liability of sport and fitness organizations.
Topics covered include negligence, risk management, and contract law.

301 Sport Conditioning Practice Design.........................2 cr
Prereq: None. Freq: Yearly.
Designed to develop a general understanding of aerobic and anaerobic
conditioning principles and techniques for developing agility, strength,
and quickness. Includes practice design for peak performance.
Emphasis on how to apply these principles and techniques in a practice
setting.

310 Sports Industry Regulation...................................3 cr
Prereq: Junior/senior standing. Freq: Yearly.
An in-depth study of how professional and amateur sports organizations
are governed and regulated. Topics include collective bargaining,
commissioner/president powers, agent regulation and facility regulation.

320 The Business of Minor League Baseball....................3 cr
Prereq: None. Freq: Occasionally.
Examines the business and governance structure of the minor league
baseball. Includes discussions on team ownership, market selection,
leasing and human resource approaches, revenue generation and facility
operations/expenses.

321 Women's Health Issues........................................3 cr
Prereq: Junior/senior standing. Freq: Occasionally.
This course will provide a comprehensive overview of critical,
contemporary women's health topics and a framework for informed
personal and social health decision-making. Topics include women's
health, overview of definitions; health status and implications; nutrition
and fitness; sexuality and reproductive health; violence in women's lives;
health of women across the life span; chronic diseases; and
substance use/abuse issues.

330 Sport in Society...................................................3 cr
Prereq: Sophomore standing (minimum). Freq: Fall, Spring.
A survey of the past and present roles sport has played within our
society including its impact on our educational system, the media, the
family, and economic structures. Areas including heritage, social status,
personality and race will be addressed.

335 Race, Ethnicity and Baseball in American Society........3 cr
Prereq: At least sophomore standing or consent of instructor.
Freq: Summer.
Examines the economic, political and social impacts of the African
American, Asian American, Latino American and Native American
cultures on American society through the prism of the professional
baseball industry.

339 Sustainable Sport Management...............................3 cr
Prereq: At least sophomore standing. Freq: Occasionally.
A survey of sustainable business techniques employed by sports
organizations in the areas of facility financing, facility development,
marketing and event operations. Course will also examine how sports
organizations employ marketing techniques focused on and including
sustainable/green concepts.

340 Aging and Wellness............................................3 cr
Prereq: HESM 270 or BIOS 109, or consent of instructor.
Freq: Occasionally.
This course addresses the health needs of an aging population covering
the multifaceted dimensions of wellness during the aging process
with focus on biological, psychological, social, and political factors.
Emphasis will be placed on health promotion.

345 Prevention and Care of Athletic Injuries....................3 cr
Prereq: BIOS 105, 106 or BIOS 300, 341 with a grade of C or better
in each course. Freq: Fall.
A study of the latest techniques in the prevention of injuries related
to fitness, recreation and athletics. Areas covered will focus on injury
evaluation and care, including conditioning, taping, wound care,
therapeutic modalities, and rehabilitation exercises.

350 Research Methods in Exercise Science......................3 cr
Prereq: PSYC 250 or BIOS 210. Freq: Spring.
Addresses the major aspects of performing research in the broad area
of exercise science. Topics include the scientific method, statistical
analysis, research design, types of research and the publication
process. Emphasizes data and methods commonly employed in
exercise and sport science research.

355 Biomechanics.....................................................4 cr
Prereq: BIOS 105, 106 or BIOS 300, 341; and MATH 111 with a
grade of C or better in each course. Freq: Fall, Spring.
Examines human movement from anatomical and mechanical
perspectives. Includes fundamental biomechanical concepts,
terminology, principles, and their application as they relate to sport
and exercise. Three hour lecture; required lab session.
354 Physiology of Exercise.............................4 cr
Prereq: BIOS 105, 106 or BIOS 300, 341; and MATH 111 with a grade of C or better in each course. Freq: Fall, Spring.
Studies the physiological changes of the human body, during and after exercise, and their implications to human performance. Three hour lecture; required lab session.

358 Sport and Fitness Psychology.............................3 cr
Prereq: Junior/senior standing; PSYC 101 with a grade of C or better. Freq: Yearly.
Provides an introduction to the psychological principles underlying exercise and fitness behaviors. Focuses on rehearsal of theoretical principles and practical applications.

360 Sports Media & Public Relations.............................3 cr
Prereq: At least sophomore standing. Freq: Occasionally.
Examines how sports organizations interact with the media and fans/customers through various forms of electronic and social media. Activities include studying basic fundamentals and completing various exercises designed to give hands-on experiences in the areas of social media, media relations and public relations in the context of sport organizations.

365 Personal, School, and Community Health..................2 cr
Prereq: None. Freq: Occasionally.
Examines problem issues in health and hygiene. Discussion includes problems involving pollution, drugs, nutrition, disease, sanitation, and personal safety.

370 Event Management................................................3 cr
Prereq: Junior/senior standing, Freq: Spring.
A study of the knowledge and skills necessary for an effective event manager. Topics include planning, conducting, staffing, financing, and evaluating events. Students will be involved in the development of medical emergency, evacuation, crowd control, registration and risk management plans. Students will study theoretical concepts and have opportunities for practical application.

380 Facility Development and Management..........................3 cr
Prereq: Junior/senior standing, Freq: Yearly.
A study of the planning, development, and management of sport and fitness facilities including standard setting, financial planning, architectural design, functional concerns, budget, and personnel management.

389 Special Topics in Sport Management............................1-3 cr
Prereq: Varies by topic. Freq: Occasionally. Selected topics in sport management will be examined.

390 Special Topics in Health and Exercise Science..................1-3 cr
Prereq: Varies by topic. Freq: Occasionally. Selected topics in health and exercise science will be examined.

410 Fitness Assessment and Prescription.............................3 cr
Prereq: HESM 353, 354, Freq: Fall.
Provides the knowledge and skills to assess, analyze, and prescribe appropriate fitness and health behavior programs for a diverse population. Special focus will be on standards set forth by the American College of Sport Medicine.

415 Scientific Principles of Strength and Conditioning..................4 cr
Prereq: HESM 353 with a grade of C or better. Freq: Fall.
Examines theoretical and applied aspects of strength and conditioning including exercise physiology, biomechanics, nutrition, sport psychology and training adaptations. Covers exercise technique, flexibility development, testing, resistance training program design, periodization, plyometrics, aerobic and anaerobic conditioning, and facilities and risk management. Required laboratory session.

420 Sport Business and Finance........................................3 cr
Prereq: Junior/senior standing, Freq: Fall.
A study of the theory and applications in the fundamental business practices as applied to sport management. Topics covered include revenue sources, budget development, ownership, taxation, financial analysis and economic impact studies.

425 Program Design and Exercise Techniques........................3 cr
Prereq: HESM 415. Freq: Spring.
Offers students advanced knowledge and practice in the two most important aspects of the strength and conditioning and related fitness professions, program design and exercise techniques. Students learn the principles underlying effective exercise program design for a variety of exercise modes and gain experience creating exercise programs.

430 Fitness Program Management......................................3 cr
Utilizes theoretical considerations and practical applications for planning, developing and managing health and fitness organizations. Includes the management of personnel, the facility, marketing, and programming.

445 Therapeutic Exercise for Athletic Injuries..............................3 cr
Prereq: HESM 345. Freq: Spring.
Comprehensive approach to therapeutic exercises for treatment and rehabilitation of athletic injuries.

450 Sport and Fitness Marketing..........................................3 cr
Prereq: Junior/senior standing, Freq: Fall, Spring.
A study of the basic marketing concepts with application to sport and fitness organizations. Topics include promotions and public relations, sponsorship, endorsements, consumer demographics, consumer behavior and market research. Activities include the development of a promotion and a detailed marketing plan for a sport or fitness enterprise.

455 Sport Sales and Customer Service.....................................3 cr
Prereq: Junior/senior standing. Freq: Yearly.
Explores basic sales and customer service concepts with application to sports organizations. Topics include sales techniques, prospect identification and customer service principles. Includes the development of detailed sales and customer service materials for a sports enterprise.

456 Athletic Fundraising................................................3 cr
Prereq: Junior/senior standing. Freq: Occasionally.
Examines the development of successful fundraising programs in intercollegiate athletic programs.

480 Senior Seminar in Sport Management..............................3 cr
Prereq: Accepted into sport management major with senior standing. Freq: Fall, Spring.
A capstone experience for sport management majors in their last year. Course features review and discussion of current industry materials and topics. Students must also complete an individual research project focused on a current sport management topic that includes an in-class presentation.

489 Special Topics in Sport Management..............................1-3 cr
Prereq: Varies by topic. Freq: Occasionally. Selected topics in sport management will be examined.

491 Varsity Sports Field Experience.................................1 cr
Prereq: Open to all students by tryout; consent of instructor. Freq: Fall, Spring.
Advanced training in techniques through participation in the varsity athletic program for both men and women. A maximum of four credits may be applied to the graduation requirement.

494 Internship...............................................................1-3 cr
Prereq: Consent of instructor. Freq: Fall, Spring, Summer.
Practical application of the methods and techniques in various sport and fitness fields. Under guidance of a supervising instructor. May be repeated for a maximum of 6 credits.

495 Fieldwork in Sport Management.................................1-9 cr
Prereq: Accepted sport management major with a minimum major GPA of 2.5. A minimum of 3 credits are required to be completed in the student’s last year of course work. Freq: Fall, Spring, Summer.
A supervised field-based sport management experience in the conditions, practices, and environmental settings where intended vocational roles are conducted. Requires placement approval by HESM faculty member.
498 Fieldwork in Exercise Science .......................... 1-12 cr
Prereq: Accepted exercise science major with a minimum major GPA of 2.75. A minimum of 3 credits are required to be completed in the student's last semester of course work. Freq: Fall, Spring, Summer. A supervised field-based exercise science experience in the conditions, practices, and environmental settings where intended vocational roles are conducted. Requires placement approval by HESM faculty member.

499 Independent Study ........................................... 1-3 cr
Prereq: Consent of instructor and department chair. Freq: Fall, Spring, Summer. Independent work in specific areas under HESM faculty supervision.