

Sport Studies Courses

SS 120 Health and Wellness (1.5 credits)

A course designed to introduce the content and methods of having a healthy lifestyle for one's body, mind and spirit throughout the aging process. Students will analyze his/her current lifestyle in fitness and wellness and how to develop a program for increasing or maintaining a healthy lifestyle. Healthy issues and topics included but not limited to exercise, diet and nutrition, stress management and making healthy decisions. A special emphasis will be given to total wellness concepts. This course includes a combination of lectures, research and physical activity.

SRS 212 Introduction to Sport Management (3 credits)

The purpose of this course is to introduce students to the various segments of the sport industry. Professional preparation for a career in the sport industry will also be examined.

SS 215 Skill Analysis: Individual Sports (1.5 credits)

An introductory course in which the students become acquainted with the basic skills, rules, and terminology of various individual sports — badminton, pickle ball, racquetball, tennis, golf, etc. Emphasis will be on performance skill development, the development of original games, and the opportunity to teach and analyze the various sport skills utilized in the sports studied.

SS 216 Skill Analysis: Team Sports (1.5 credits)

An introductory course designed to subject the student to the basic team concepts and team building skills, rules, and terminology of various team sports - basketball, volleyball, soccer, softball/baseball. Opportunities to teach and analyze the various team sport skills will be a major emphasis.

SS 227 Community Health, First Aid and CPR (1.5 credits)

An introduction to current issues of health, personal and social needs of the individual and the community. Two independent but related focuses are (1) multiple dimensions of health and (2) the development of the tasks of the college student. Also, the principles and applied techniques of first aid and cardiopulmonary resuscitation for home, school, and community are provided. Red Cross Certification in first aid and CPR will be attainable. A fee is required for this course.

SS 231 Foundation and Principles of Physical Education and Sport (3 credits)

This course focuses on the foundations and principles relating to the history, philosophy, profession, and discipline of physical education and sport in the United States. Career opportunities in physical education and sport are explored.

SS 234 Adapted Physical Education, Sport and Recreation (3 credits)

This course will provide information regarding needs, characters and trends in physical education, recreation and sporting activities to people with disabilities. Introduction in application of methods for adapting activities and programs to accommodate people with disabilities. This course will examine effective strategies and field experiences.

SRS 235 Recreation Programming (3 credits)

This course examines the various programs offered in a recreation and parks setting with special emphasis on program planning and evaluation. Prerequisites: SRS 211

SRS 237 Sport and Recreation Event and Venue Management (3 credits)

The examination of the organization, management, and evaluation of sport and recreation events. Specific emphasis will be placed upon the economic impact of events, the event bidding process, the event planning process, event logistics, event evaluation, and risk management policies and procedures. Further the factors that are involved in the design and management of sport and recreation venues will be examined. Prerequisites: SRS 211 or SRS 212.

SS 310 Foundations in Sport Coaching (3 credits)

Focuses on the foundations and principles of coaching individuals and team sports from elementary grades, high school, college intramurals, and parks and recreation leagues. This course encompasses an overview and application of the responsibilities of a coach in sport fundamentals (drills, strategy, philosophy, ethics, physiology, biomechanics, psychology, and sport medicine). Prerequisite: Junior standing.

SS 320 Foundations of Officiating (3 credits)

Concentrates on the aspects of officiating which include: characteristics of good officials, psychological components, benefits of officiating, methods, techniques and levels of officiating. Students will have officiating opportunities through intramural athletic events, varsity practices and scrimmages, parks and recreation leagues, and youth sports within the local community. Prerequisite: Junior standing.

SS 325 Kinesiology and Biomechanics (4 credits)

A study of the principles of human movement and application of skill analysis to the improvement of performance combined with an introduction to the principles of mechanical analysis in the study of anatomical and functional human movement. Particular emphasis on the analysis of techniques applied in sports. Prerequisite: BIO 221.

SRS 385 Governance and Ethics in Sport and Recreation (3 credits)

This course provides an overview of the major amateur and professional sport governance and recreational structures in the United States and internationally. This course introduces students to the major topics, trends, problems and issues involved in athletics, sport and recreation management. It is designed to assist students to examine their values, moral reasoning skills and develop a personal philosophical approach to ethics in sport and recreation. Major moral/ethical issues within sport and recreation are researched and discussed. Students experience the ethical decision-making process through opportunities for critical thinking by drawing upon their philosophical bases. Prerequisites: Junior or Senior standing; SRS 212 or SS 231; SRS 237; (or permission of the instructor)

SS 402 Exercise Physiology (3 credits)

Covers the theoretical foundations of this sub-discipline of physiology by studying ways in which the body functionally responds, adjusts, and adapts to exercise in an effort to maintain "homeostasis." Lecture combined with laboratory. Prerequisite: BIO 221, Human Anatomy and Physiology I.

SS 410 Organization and Administration of Physical Education & Sport
(3 credits)

This integrative course will expose the student to the principles of business, organizational behavior and management and encourage application of the knowledge from these areas to sport-specific organizations, including non-school programs. Topics to be covered include program development, office management and staffing, facility management, logistics, fiscal irresponsibility, motivation, communication and policy development. Prerequisites: Junior or Senior standing; SRS 212 or SS 231; SRS 237; (or permission of the instructor)

SRS 475 Sport and Recreation Finance and Marketing (3 credits)

This course will examine sources of revenue and expenditures for sport and recreation organizations. In addition, it will examine practical fiscal resource management and budgetary planning. Further, the course will explore the principles of marketing and how these concepts relate to the context of sport and recreation. Prerequisites: BUS 321; Junior or Senior standing; SRS 212 or SS 231; SRS 237; (or permission of the instructor)

SRS 480 Risk Management and Legal Aspects in Sport and Recreation
(3 credits)

This course is designed to introduce the student to the legal principles applicable to a variety of sport and recreation settings. The emphasis of the course will be on tort liability and the effective management of risk in sport and recreation settings. This course is designed to introduce the student to the legal principles applicable to various sport and recreation settings. Specifically, constitutional, administrative, and statutory laws that are applicable to the sport and recreation industry will be examined. Prerequisites: Junior or Senior standing; SRS 212 or SS 231; SRS 237; (or permission of the instructor)