

# EXERCISE AND SPORT SCIENCE

## Academic Year

2011-2012

## School

School of Humanities and Social Science [School Web site](#)

## School Dean

Janet Dizinno, Ph.D. [hssdean@stmarytx.edu](mailto:hssdean@stmarytx.edu)

## Department

Exercise and Sport Science

## Department Chair

Terri Boggess, Ph.D. [tboggess@stmarytx.edu](mailto:tboggess@stmarytx.edu)

## Description of Program/Major

Students interested in working in an active environment such as athletics, physical education, athletic training, fitness and personal training often choose the exercise and sport science major.

The exercise and sport science program at St. Mary's University prepares students for a broad array of careers and equips them with the academic knowledge and practical experience necessary to work in a recreational and fitness setting.

Students interested in teaching physical education and/or coaching in secondary schools often choose this major as a first or second teaching field.

## Degree Requirements

### Core Curriculum (SMC)

#### St. Mary's University Core (30 Hours)

*All St. Mary's Core SMC13## "Reflection" courses must be completed before registering for SMC23## "Practice" courses. "Reflection" courses can be taken in any order followed by "Practice" courses in any order.*

|          |  |   |
|----------|--|---|
| SMC 1301 | Foundations of Civilization                        | 3 |
| SMC 1311 | Foundations of Reflection: Self (Formerly PL 1310) | 3 |
| SMC 1312 | Foundations of Reflection: Nature                  | 3 |
| SMC 1313 | Foundations of Reflection: Others                  | 3 |
| SMC 1314 | Foundations of Reflection: God (Formerly TH 2301)  | 3 |
| SMC 2301 | Foundations of Practice: Ethics (Formerly PL 2332) | 3 |

# EXERCISE AND SPORT SCIENCE

|          |   |   |
|----------|---|---|
| SMC 2302 | Foundations of Practice: Civic Engagement and Social Action                                     | 3 |
| SMC 2303 | Foundations of Practice: Fine Arts and Creative Process<br>(Formerly FA 1101, FA 1102, FA 1103) | 3 |
| SMC 2304 | Foundations of Practice: Literature   | 3 |
| SMC 4301 | Capstone Seminar: Prospects for Community and Civilization                                      | 3 |

## School Specific Core (SSC)

### School of Humanities and Social Sciences School Specific Core (30 Hours)

|  |   |   |
|--|---|---|
| Speech   | SE 1321 (for international students), SE 1341, SE 2333, SE 3391   | 3 |
| Composition and Rhetoric<br>(grade of "C" or better) | EN 1311, EN 1313 (for international students)   | 3 |
| Mathematics  | MT 1301, MT 1302, MT 1303, MT 1305, MT 1306, MT 1411, MT 2412   | 3 |
| Foreign Languages                                    | Six hours at the sophomore level (2311, 2312) in a Foreign Language previously studied for a minimum of one year;<br>Or, 6 hours of introductory level (1311, 1312) in a Foreign Language not previously studied;<br>Or, 12 hours of CLEP credit for a language previously studied. | 6 |
| History  | HS 1301, HS 1302, HS 1303, HS 1351, HS 1352, HS 3312 (or any HS courses pending AC approval)  | 3 |
| Science  | BL 1301, BL 1302, BL 3311, BL 3312, CH 1303, CH 1304, CH 1401, CH 1402, EG 2300, ES 1300, ES 1303, ES 1304, ES 1373, PY 1300, PY 1310, PY 1401, PY 1402   | 3 |
| Theology   | Advanced Theology 33XX, HU 3303   | 3 |
| Fine Arts  | AR, DM, MU  | 3 |
| Literature   | EN 23XX   | 3 |

## Four Year Degree Plan

[Sample 4-year degree plan](#)

## Department Courses and Descriptions

### Foundation of Exercise&Sport S (3)

EX 1302

Historical and philosophical background of Exercise and Sport Science exam - ined as well as current career options within the discipline.

### Spring Sports & Activities (3)

EX 1304

The following sports/activi ties are covered: softball, track & field, soccer, golf, tennis, outdoor education & orienteering, racquetball, weight lifting, badminton, dance.

# EXERCISE AND SPORT SCIENCE

## **Fall Sports & Activities (3)**

EX 2302

The following sports/activities are covered: flag football, volleyball, basketball, field hockey, wrestling, archery, swimming, bowling, gymnastics.

## **Essential Elem of Human Perfor (3)**

EX 2381

Background knowledge and practice in the basic elements of human performance, health, and safety for children.

## **Topics in Exercise&Sports Scie (3)**

EX 2399

Topics in Exercise & Sport Science (Elective credit only)

## **Selected Topics (1)**

EX 3112

Courses under this number will address a variety of topics such as Sport Sociology, Dance, etc.

## **Selected Topics (2)**

EX 3212

Courses under this number will address a variety of topics such as Sport Sociology, Dance, etc.

## **Prevention&Care of Activity-Related Injury (3)**

EX 3302

The relationship of proper conditioning and protective equipment to injury prevention is stressed. Basic First-aid instruction and taping techniques are covered.

## **Biomechanics of Human Movement (3)**

EX 3304

Study of the inter-relationships of structure and function in the living being. Study of the physics of motion of the human being with emphasis placed on the forces produced by the acting upon the human body. Prerequisite: BL 3420 Anatomy.

## **Current Issues in Exercise&Sports (3)**

EX 3306

Addresses topics such as working with special populations, legal issues, ethical decision-making (e.g., use of steroids, drug-testing of athletes, women in sports).

## **Tests and Measurements (3)**

EX 3308

Study of performance tests in exercise and sport science including history, statistics, practice in making and giving tests, scoring and interpreting, grading and evaluation.

## **Selected Topics (3)**

EX 3312

# EXERCISE AND SPORT SCIENCE

Courses under this number will address a variety of topics such as Sport Sociology, Dance, etc.

## **Human Anatomy & Physiology of Exercise (3)**

EX 3376

Basic concepts of the structure and function of the human body, as related to exercise.

## **Coaching Practicum (2)**

EX 4208

Students desiring a more intensive study of coaching may register for an internship from the following: football, basketball, volleyball, baseball, softball, soccer and track & field.

## **Wellness (3)**

EX 4301

Study of lifetime fitness and wellness. Topics covered include nutrition, cardiovascular health and wellness, stress management, body composition, substance abuse, lifestyle management, and other pertinent topics. Students will design curriculum materials which incorporate these areas as well as practice teaching lessons in the topical areas.

## **Advanced Principles of Exercise (3)**

EX 4304

Organization and administration of effective programs. Assessment of individual needs and planning for instruction to meet those needs; program evaluation.

## **Internship in Recreation & Fitness (3)**

EX 4310

(Open to seniors only) This course supplements academic work by providing students with practical career experience in the areas of Recreation and Fitness Management.

## **Department Faculty**

[Exercise and Sport Science Faculty Website](#)

## **Department Website**

[Exercise and Sport Science Website](#)