

Exercise & Sport Studies

Chair: [David Norman](#)

Adjunct Faculty: Loren Dawson, Michelle Filander, Robert Filander, Bryan Garcia, Teresa Hall, Mark Hudson, Branden Hunt, Joseph Morgan, Michael Silva, Kelly Sylvester, Rodney Wecker

The exercise and sport studies (ESS) program provides students in a liberal arts environment the opportunity to combine ESS courses with other academic disciplines to develop interdisciplinary degrees. The ESS minor prepares students for a career in teaching and coaching at the high school and elementary levels. The program promotes a life-long appreciation for wellness and physical activity.

Through the interdisciplinary major option students may prepare for a career that combines a course of study in exercise and sport studies with another field such as business administration or biology. The department chair should be consulted in the design of an interdisciplinary program.

Degree Plans Offered in Exercise and Sport Studies

Minor in Exercise and Sport Studies
Austin College Teaching Program Certification Track

A **minor in exercise and sport studies** consists of:

Required Courses (2 courses)

_____ ESS 121 Introduction to Exercise and Sport Studies
_____ ESS 495 Senior Conference

Electives (3 courses)

_____ ESS any level
_____ ESS any level
_____ ESS 300 level or higher

Total Credits Requirement = 5 course credits

Austin Teacher Program Requirements for EC-12 Teaching Certification

_____ ESS 115 Basic First Aid
_____ ESS 121 Introduction to Exercise and Sports Studies
_____ ESS 353 Teaching Movement Education in the Elementary School
_____ ESS 354 Teaching Methods in the Secondary School
_____ ESS 495 Senior Conference

Total Credits Requirement = 4.5 course credits

COURSES

ESS 115 Basic First Aid Techniques

Designed to prepare students to make appropriate decisions regarding first aid care and to action those decisions in an emergency situation before medical help arrives. The course provides opportunities for Community First Aid and Safety Certification and the CPR Professional Rescuer Certification. Seven-week course. 0.50 course credit. (Each spring)

ESS 121 Introduction to Exercise and Sport Studies

An introduction and presentation of the basic facts and beliefs concerning the field of exercise and sport studies (historically known as physical education). Attention is focused on professional opportunities in the field of exercise and sport studies. (Fall and spring)

ESS 241 Coaching Team Sports

A course that covers the coaching philosophy and techniques involved in specific team sports. Football, basketball, volleyball, soccer, and baseball. Seven-week course. 0.50 course credit units. May be repeated when topic varies. (Offered on an occasional basis)

ESS 260 Intermediate Directed Study

Student investigation of topic of interest working in collaboration with a faculty member resulting in significant oral and written work. See On-Campus Learning Opportunities for more information. PREQ: Freshman January term or Sophomore standing. Special permission required. Offered in variable course credit from 0.25-1.00.

ESS 353 Teaching Movement Education in the Elementary School

Construction of movement tasks in rhythm and game skill movement for children in grades K-6. PREQ: Exercise and Sport Studies 121 or Education 225. (Each fall)

ESS 354 Teaching Methods in the Secondary School

A study of the skills and techniques required to design and implement effective instructional programs in physical education at the secondary school level. PREQ: Exercise and Sport Studies 121 or Education 225 (Each spring)

ESS 360/460 Advanced Directed Study

Student investigation of topic of interest related to the major or minor working in collaboration with a faculty member resulting in significant oral and written work. See On-Campus Learning Opportunities for more information. PREQ: Junior or Senior standing. Special permission required. Offered for variable course credit from 0.25-1.00.

ESS 471 Administration of Athletics, Physical Education, and Recreation

Organizing and administering programs in physical education, athletics, and recreation. Special attention is given to personnel and program administration in both the highly competitive and the recreational context. PREQ: Exercise and Sport Studies major or minors only. (Offered on an occasional basis)

ESS 490 Independent Study

Student-driven independent work to produce a high quality body of work such as paper, report, art project, etc. See On-Campus Learning Opportunities for more information. PREQ: Junior or Senior standing. Special permission required. Offered in variable course credit from 0.25-1.00.

ESS 492 Independent Study Off-Campus/NSOC

Student-driven independent study in a topic related to the major completed at an off-campus site. See Off-Campus Learning Opportunities for more information. PREQ: Junior or Senior standing. Special permission required. Offered in variable course credit from 0.25-1.00.

ESS 495 Senior Conference

PREQ: Senior exercise and sport studies major or minors only. (Each Fall and spring)

PHYSICAL FITNESS

Austin College believes that physical fitness and an understanding of a healthy lifestyle should be an integral part of the overall educational experience. This requirement for graduation may be met by participation in a lifetime sports class, approved college transfer or for non-academic credit by successful participation in an intercollegiate varsity sport.

LS 010 Intercollegiate Varsity Athletics

Successful participation in a varsity athletic team sport will fulfill the physical fitness requirement. Participants will not receive academic credit. Austin College offers varsity sports in men and women's soccer, men and women's swimming and diving, men and women's tennis, men and women's basketball, men's and women's cross country and track, women's volleyball, men's football, men's baseball, women's softball and men and women's water polo. Zero course credit. Requirements met: Life Sports competency.

LS 115 Lifetime Sports

Basic physical skills development in a variety of selected sports activities. Sample activities: aerobic conditioning, aerobic dance, golf, racquet sports, swimming, and strength training. (Graded on S/D/U basis). May be repeated for a total of one course credit unit when content varies. 0.25 course credit unit. Requirements met: Life Sports competency. (Each fall and spring)