

SES-1001: INTRODUCTION TO SPORT AND EXERCISE STUDIES

Cuyahoga Community College

Viewing: SES-1001 : Introduction to Sport and Exercise Studies

Board of Trustees:

January 2023

Academic Term:

Fall 2023

Subject Code

SES - Sport and Exercise Studies

Course Number:

1001

Title:

Introduction to Sport and Exercise Studies

Catalog Description:

An overview of the field of exercise science and the Sport and Exercise Studies program at Cuyahoga Community College. Objectives include describing various aspects of careers, identifying professional resources and organizations, and determining opportunities for advanced study in sport and exercise studies. Requires observation and assignments outside of the classroom.

Credit Hour(s):

2

Lecture Hour(s):

2

Requisites

Prerequisite and Corequisite

None.

Outcomes

Course Outcome(s):

Explore the nature and scope of sport and exercise studies related to philosophy, foundations, academic disciplines, degree programs, professional organizations, coursework, certifications, and career and professional opportunities.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

- a. Discuss the philosophy and foundations role of sport and exercise studies.
 - b. Examine the various career and professional opportunities in sport and exercise studies.
 - c. Identify four-year universities with programs in sport and exercise studies and other related disciplines.
 - d. Identify the type of course work in a sport and exercise studies degree program.
 - e. Identify professional organizations in sport and exercise studies.
 - f. Identify academic disciplines and career choices in sport and exercise studies.
 - g. Identify career and professional opportunities in the sport and exercise studies.
 - h. Identify professional certifications in sport and exercise studies.
 - i. Compare the various types of professional certifications.
 - j. Meet a counselor to gather information on course offerings and degree programs related to sport and exercise studies at Cuyahoga Community College and related degree programs at four-year colleges/universities.
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Course Outcome(s):

Create a complete and locked academic plan in Degree Works.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

- a. Select and/or verify major via My Tri-C Space and Degree Works.
- b. Review My Plan completed during the first semester Gen 1803/1070.
- c. Explore chosen major using the interactive online catalog.
- d. Locate the academic plan feature in Degree Works.
- e. Run a Degree Works audit.
- f. Meet with a counselor to interpret Degree Works audit and create a locked and active academic plan.

Course Outcome(s):

Identify an area of interest in the profession of sport and exercise studies and engage with faculty and industry professionals in that field.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

- a. Conduct research in the area of career interest.
- b. Complete an assignment in the field of study.
- c. Identify potential entry-level positions in the chosen career.
- d. Interview a person in the chosen field.
- e. Research student and professional organizations relevant to the field.
- f. Identify skills needed for job success within the career pathway.
- g. Identify effective communication strategies for a diverse workplace.
- h. Identify working conditions of careers within the career pathway.
- i. Evaluate job functions, skills and values of careers within the career pathway.
- j. Engage with a relevant student or professional organization within career pathway.
- k. Connect with a faculty advocate, initiate a meeting, and establish multiple connections with the faculty advocate to support academic and career pathway.

Course Outcome(s):

Engage with relevant support services to develop knowledge and skills within the chosen academic pathway.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

- a. Identify relevant academic terminology for career and job seeking skills and experiences.
- b. Identify transfer options to attend a four-year institution, including meetings with a transfer center specialist, career center specialist, and counselor (if applicable to career aspirations).
- c. Distinguish between accredited and non-accredited educational programs.
- d. Explore certifications and other credentials associated with the degree.
- e. Identify resources within the Career Center that can promote employability in the hiring process (resume writing, cover letters, mock interviews, job search strategies, employment data, internship and co-op opportunities, and networking).

Course Outcome(s):

Examine the Sport and Exercise Studies degree program and the steps to apply for admission to the program.

Essential Learning Outcome Mapping:

Not Applicable: No Essential Learning Outcomes mapped. This course does not require application-level assignments that demonstrate mastery in any of the Essential Learning Outcomes.

Objective(s):

- a. Explore the program outcomes, program sequence, and curriculum of the Sport and Exercise Studies program.
 - b. Identify the admissions requirements for the Sport and Exercise Studies degree program.
 - c. Explore the Health Careers application process for the Sport and Exercise Studies degree program.
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Methods of Evaluation:

- a. Classroom participation
- b. Written assignments
- c. Internet assignments
- d. Outside visitation assignments
- e. Discussion Boards
- f. Quizzes
- g. Exams

Course Content Outline:

- a. Nature and scope of sport and exercise studies
 - i. Meaning and philosophy
 - ii. Role in society and education
 - iii. Foundations of sport and exercise studies
- b. Careers in sport and exercise studies
 - i. Factors influencing career choices
 - ii. Types of careers in sport and exercise studies
 1. Teaching
 2. Fitness, exercise and sport science
 3. Personal training
 4. Leisure services
 5. Athletic training
 6. Physical therapy
 7. Athletics
 8. Sport management
 9. Sport marketing and promotion
 10. Sport communication
 11. Other related careers
- c. Professional certifications in sport and exercise studies
 - i. Types of certifications
 - ii. Accredited and non-accredited certifications
- d. Academic disciplines in sport and exercise studies
 - i. Definition of academic disciplines
 - ii. Types of academic disciplines
 1. Exercise science
 2. Exercise physiology
 3. Athletic training
 4. Motor control and learning
 5. Motor development
 6. Sport biomechanics
 7. Sport history
 8. Sport philosophy
 9. Sport and exercise psychology
 10. Sport sociology
 11. Physical Education
 12. Health and wellness
- e. Professional organizations in sport and exercise studies

- f. Coursework in sport and exercise studies
 - i. Coursework
 - ii. Resources on campus
- g. Resources in sport and exercise studies
 - i. Library
 - ii. Counseling department
 - iii. Faculty and other professionals
 - iv. Professional journals
 - v. Professional organizations
 - vi. Textbooks
 - vii. Internet
 - viii. Resources on campus
- h. Requirements for admittance into the Sport and Exercise Studies program
 - i. Program outcomes
 - ii. Program tracks
 - iii. Program sequence
 - iv. Program curriculum
 - v. Program admissions requirements
 - vi. Program application process
- i. Concepts
 - i. Pathways
 - ii. Major
 - iii. Career
 - iv. Transfer agreement
 - v. Field experience
 - vi. Internship
 - vii. Informational interview
 - viii. Shadow
 - ix. Soft skill
 - x. Co-op
- j. Skills
 - i. Strategies for research and experience in career or pathway development.
- k. Issues
 - i. Effective research practices
 - ii. Written and oral communication
 - iii. Success strategies and “soft skills” for effective collaborative research and communication with academic and professional personnel.
 - iv. Habits for listening effectively and documenting experiences when encountering new information that could be useful in your pathway or career.
 - v. Development of a professional profile for networking
 - vi. Economic and cultural diversity in the workplace

Resources

Potteiger, Jeffrey. *ACSM's Introduction to Exercise Science*. 4th ed. Philadelphia, PA: Lippincott, Williams, & Wilkins, 2022.

Lumpkin, Angela. *Introduction to Physical Education, Exercise Science, and Sport Studies*. 11th ed. New York: McGraw-Hill Publishing, 2021.

Terry Housh, Dona Housh, and Glen Johnson. *Introduction to Exercise Science*. 5th ed. Scottsdale, AZ: Holcomb, Hathaway, Publishers, Inc., 2018.

Deborah A Wuest, Jennifer Walton-Fisette. *Foundations of Physical Education, Exercise Science, and Sport*. 20th ed. Boston: McGraw-Hill Publishing, 2021.

Resources Other

Health Careers Application Form

Instructional Services

OAN Number:

Career Technical Assurance Guide CTES001

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