

# EXERCISE AND SPORT SCIENCE (ESS)

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## ESS 180. Lifetime Wellness. (3 Credits)

I, II. Formerly PHE 180. Interactive learning and laboratory experiences for individual assessment, practice of exercise systems, and improvement of body function. This course offers a comprehensive discussion of the critical areas of health, physical fitness, and wellness. Gen. Ed. VI. Fulfills University Wellness Requirement.

## ESS 190. Wellness Experience:\_\_\_\_. (1-2 Credits)

I, II. Formerly PHE 190. Wellness activities of current interest and/or need for students. May be retaken to a maximum of six hours, if subtitles are different. Credit will not be awarded to students who have received credit for HPR 190.

## ESS 200. Dance and Culture. (3 Credits)

I. Formerly PHE 200. Introduction to dance and its role as a non-verbal means of expression. The course examines several dance forms and their cultural context including folk, social, ethnic, entertainment, and dance as an art form. Gen. Ed. Element 3A.

## ESS 201. Foundations of Sport Science. (3 Credits)

I, II. Formerly PHE 201. Introduction to the profession, exposure to professional standards in the field, and historical perspective and philosophies in physical education and sports science.

## ESS 212. Care and Prevention of Athletic and Exercise Injuries. (3 Credits)

I, II. Formerly PHE 212. Overview of the mechanism, prevention, management, and rehabilitation of athletic and exercise injuries.

## ESS 220. Team Sports I. (2 Credits)

I. Formerly PHE 220. Basic skills, strategy, rules, officiating, and teaching techniques related to various team sports.

## ESS 224. Team Sports II. (3 Credits)

I, II. Formerly PHE 224. Prerequisite: Open only to majors in Physical Education, Sports Management, those who have declared a coaching minor, coaching/personal training certificate, or those with departmental approval. Basic skills, strategy, rules, officiating, and teaching techniques related to basketball, volleyball, soccer, and track and field.

## ESS 241. Introduction to Swimming. (1 Credit)

A, I, II. Develop swimming skills and endurance to intermediate level; study of fundamental mechanical principles; basic safety skills; ability to conduct a variety of aquatic activities.

## ESS 261. Coaching Baseball and Softball. (2 Credits)

I, II. Formerly PHE 261. Theory and practice in coaching the fundamentals of baseball and softball; team offense and defense.

## ESS 301. Foundations of Coaching. (3 Credits)

I, II. Formerly PHE 301. Coaching communication, organization, motivational skills, sports skills, tactics, and philosophy. American Sport Education Program (ASEP) certification awarded to those who qualify.

## ESS 303. Fitness Management & Marketing. (3 Credits)

A. Principles and practices of fitness leadership in the marketplace. Course will provide content related to leadership principles, sales tactics, communication strategies, human resources, and multiple modes of branding and marketing.

## ESS 305. Individual and Dual Sports I. (3 Credits)

I, II. Formerly PHE 305. Prerequisite: Open only to majors in Physical Education or Sport Management, those who have declared a Coaching minor, Coaching/Personal Training Certificate, or those with departmental approval. Basic skills, strategy, etiquette, rules, and teaching techniques related to tennis, golf, and badminton.

## ESS 306. Individual and Dual Sports II. (3 Credits)

A. Formerly PHE 306. Basic skills, strategy, etiquette, rules, and teaching techniques related to archery, bowling, and racquetball.

## ESS 313. Lifeguard Training. (3 Credits)

I, II. Formerly PHE 313. Prerequisite: ability to pass American Red Cross swimming test. Advanced technique of water safety and rescue; American Red Cross certification awarded to those who qualify.

## ESS 315. Physical Fitness Concepts and Applications. (3 Credits)

(3) I, II. Formerly PHE 315. Prerequisite: Open only to majors in Physical Education or those with departmental approval. Discussion, demonstration, practice of fitness concepts and various methods of developing physical fitness.

## ESS 320. Biomechanics. (3 Credits)

A. Formerly PHE 320. Prerequisite: BIO 107 or 301. Corequisite: ESS 320L. Quantitative study of human movement through anatomical, physiological, and biomechanical concepts; analysis and application.

## ESS 320L. Biomechanics Lab. (1 Credit)

A. Prerequisite: BIO 171 or 307. Corequisite of ESS 320. Qualitative and quantitative lab experiences of human movement through anatomical, physiological, and biomechanical experiences.

## ESS 322. Legal Issues in Sport. (3 Credits)

I. Formerly PHE 322. Prerequisite: GBU204. Legal issues involved in the supervision, management, and business operations of sport. A critical perspective of the American legal system as it applies to sport.

## ESS 323. Movement Concepts and Skill Themes. (3 Credits)

I. Formerly PHE 323. Prerequisites: physical education major, CED 100 and EDF 203. Motor skill themes and movement concepts required for planning and teaching the appropriate sequence and scope for achievement of learner outcomes through elementary physical education.

## ESS 324. Policy and Governance in Sport. (3 Credits)

I. Formerly PHE 324. Designed to encourage students to integrate management theory with governance and policy development. Provides an overview of the sport industry from the perspective of the sport management professional.

## ESS 325. Exercise Physiology. (3 Credits)

A. Formerly PHE 325. Prerequisite: BIO 171 OR 307 and 301 OR 308. Corequisite: ESS 325L. Extensively covering how the body adapts acutely and chronically to stressors. Credit will not be awarded to students who have credit for PHE 325.

## ESS 325L. Exercise Physiology Lab. (1 Credit)

A. Prerequisite: BIO 171 or 307 and 301 or 308. Corequisite: ESS 325. Lab experience on the effects of physical activities on various systems of the human body. Direct observations of how the body adapts acutely and chronically to stressors.

## ESS 327. Sport in American Society. (3 Credits)

II. Formerly PHE 327. Impact of sport in American society with attention to relationship of political, economic, ethnic, and institutional forces operating within the phenomenon of sport.

**ESS 328. Sport Finance. (3 Credits)**

II. Formerly PHE 328. Course will examine all aspects of successful sport business operations, including budgeting, legal issues, marketing, competitive positioning, regulatory compliance, and strategies for success in sport and recreation industry.

**ESS 340. Water Safety Instructor. (3 Credits)**

I, II. Prerequisite: proficient swimming ability. This American Red Cross course will train students to become certified swimming instructors. Course consists of lecture, lab, technique instruction, and practice teaching. WSI certification for those who qualify.

**ESS 343. Lifeguard Instructor. (3 Credits)**

A. Requires American Red Cross Lifeguard certification and age of 17 years or older. Course is designed to teach students who are already certified as American Red Cross Lifeguards to become American Red Cross lifeguard Instructors (LGIs), allowing them to instruct American Red Cross Lifeguard Training, First Aid and CPR for the Professional Rescuer/AED. Focuses on classroom and in-water instruction, planning, organizing, sequencing, skill development, and Red Cross operation policies and procedures.

**ESS 349A. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349A. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349B. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349B. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349C. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349C. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349D. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349D. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349E. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349E. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349F. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349F. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349G. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349G. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349H. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349H. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349I. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349I. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349J. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349J. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349K. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349K. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349L. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349L. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349M. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349M. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 349N. Cooperative Learning: Physical Education. (0.5-8 Credits)**

A. Formerly PHE 349N. Work in a cooperative placement related to student's academic studies. Satisfactory (S) or Unsatisfactory (U) grade. May be retaken to a maximum of eight hours. A minimum of 80 hours work required for each semester hour credit.

**ESS 360. Coaching Basketball. (2 Credits)**

I, II. Formerly PHE 360. Theory and practice in coaching the fundamentals of basketball; team offense and defense.

**ESS 362. Coaching Track and Field. (2 Credits)**

II. Formerly PHE 362. Theory and practice in coaching fundamentals involved in track and field.

**ESS 383. Sports Officiating. (1 Credit)**

I, II. Formerly PHE 383. Technique and skill of officiating, structure of officiating, and relationship between performance, behavior, and the official's duties.

**ESS 390. Lifetime Activity Series:\_\_\_\_. (0.5-2 Credits)**

I, II. Formerly PHE 390. A series of activities suitable for participation throughout life. Includes rules, skills, techniques, and strategies. May be retaken to a maximum of four hours toward graduation requirements. Credit will not be awarded to students who have received credit for HPR 390.

**ESS 400. Management of Sport Organizations. (3 Credits)**

I, II. Formerly PHE 400. Aspects of sport management including disciplinary foundations of sport, theoretical and applied foundations of organization and management, opportunities available in various segments of the sport industry, and professional preparation and development.

**ESS 407. Strength and Conditioning Programming. (3 Credits)**

I, II. Formerly PHE 407. Advanced skills in developing, implementing, and evaluating strength training programs. Knowledge of strength and resistance training, spotting techniques, and safety techniques, exercises and associated anatomy, periodization, and general guidelines for all fitness levels and ages.

**ESS 415. Outdoor and Lifelong Leisure Motor Activities. (3 Credits)**

II. Formerly PHE 415. Prerequisites: EDF 203. Knowledge and skills needed to conduct cooperative, leisure, adventure, and outdoor motor activities for achievement of important personal and educational goals in the school system.

**ESS 420. Coaching Football. (2 Credits)**

I, II. Formerly PHE 420. Theory and practice in coaching the fundamentals of football; team offense and defense.

**ESS 423. Psychology of Coaching. (3 Credits)**

I. Formerly PHE 423. Study of the dynamics of coaching including performance enhancement and understanding the functions of the coaching process.

**ESS 430. Fitness Program Risk Management & Administration. (3 Credits)**

I. Formerly PHE 430. Prerequisites: ESS majors and junior or senior standing. Students will learn aspects of fitness and wellness program administration, risk management strategies. Students will be introduced to cardiovascular risk factors, and clinical exercise. Credit will not be awarded to students who have credit for PHE 430.

**ESS 433. Adult Physical Fitness Programs. (3 Credits)**

II. Formerly PHE 433. Prerequisites: ESSC Physical Fitness & Wellness Concentration and junior or senior standing. Practice and study of exercise programs meeting the guidelines of the American College of Sports Medicine (ACSM) for improving health-related fitness.

**ESS 435. Group Leadership in Fitness & Sport. (3 Credits)**

I. Formerly PHE 435. Prerequisites: ESS 320, and 325. A methods course teaching coaching skills for effective leadership in fitness & exercise science. Students will learn: basic coaching principles and implementation of progress and goal strategies. Students will apply principles of psychosocial interventions to improve outcomes. Credit will not be awarded to students who have credit for PHE 435.

**ESS 467. Skill Acquisition. (3 Credits)**

I. Formerly PHE 467. Practical application of principles of learning and performing motor skills taught in the physical activity environment and the influence of historical events on research in the area of skill acquisition.

**ESS 470. Internship: Sport Management. (1-6 Credits)**

A. Formerly PHE 470. Prerequisite: 2.0 GPA, completion of sport management core and supporting courses. Students are required to document a minimum of 50 hours of sport management related experiences prior to enrollment in PHE 470. Supervised experiences in the directing of sports and physical activities in various settings. May be retaken to a maximum of six hours.

**ESS 472. Internship: Physical Fitness and Wellness Management. (1-6 Credits)**

A. Formerly PHE 472. Prerequisite: 2.0 GPA; completion of physical education core courses and physical fitness and wellness option courses. Students are required to document a minimum of 50 hours of physical fitness and wellness related experiences prior to enrollment in PHE 472. Supervised experiences in the directing of wellness and physical fitness activities in various settings. May be retaken to a maximum of six hours.

**ESS 485. Independent Study. (1-3 Credits)**

I, II. Formerly PHE 485. Individual work on a physical education related problem in supervised situation. Restricted to undergraduate physical education major or minor student. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment.

**ESS 490. Experiences in Research. (1-3 Credits)**

I, II. Formerly PHE 490. Prerequisites: ATR 100 or PHE 201 and departmental approval. Directed research experience in athletic training, physical education or sports management. May be retaken to a maximum of 9 hours. Students must have research proposal form approved by faculty supervisor and department chair prior to enrollment.

**ESS 517. Bioenergetics of Performance and Sports Nutrition. (3 Credits)**

A. Formerly PHE 517. Prerequisite: Junior/senior standing in major or with departmental approval. Study of bioenergetics processes and the relationship to energy storage, transformation and utilization in biological systems. Study of energy metabolism during different physiological conditions and the applications to clinical exercise science and sport.

**ESS 520. Advanced Strength and Condition. (3 Credits)**

I, II Prerequisites: ESS 407 with a minimum grade of "C"; or Instructor approval. Course is an advanced education in the field of strength and conditioning, principles, organization, and techniques. Higher level understanding of human physiology will be gained with specific emphasis on optimizing adaptation response.

**ESS 530. Sport Communications. (3 Credits)**

II. Formerly PHE 530. Students will explore and apply communication theories to the sport and exercise industry. Emphasis will be on examination of public and media relations with a special focus on organizational communication to external and internal publics.

**ESS 562. Adapted Physical Activity and Special Populations Programming. (3 Credits)**

I, II. Formerly PHE 562. Principles and practices of adapted physical activity and exercise programming for special populations and at risk, chronic disease populations. Content will emphasize the nature and needs of exceptional persons, etiology of disabilities, and exercise interventions. Credit will not be awarded for both ESS 562 and PHE 562.

**ESS 575. Tests and Measurements. (3 Credits)**

I, II. Formerly PHE 575. Administration and scoring of tests; evaluation of use of results obtained.

**ESS 590. Special Topics in Exercise and Sport Science. (1-4 Credits)**

A. Formerly PHE 590. Study of various topics in physical education and sport selected to meet special student needs and interests.

**ESS 599. Tactical Strength and Conditioning. (3 Credits)**

Prerequisites: Junior standing and a 2.5 GPA. Foundations of preparing, periodizing, and developing tactical-based athletes and professionals. Tactical athletes include military, LEO, firefighter, and other first responders.

**ESS 717. Bioenergetics of Performance and Sports Nutrition. (3 Credits)**

(3) A. Formerly PHE 762. Study of bioenergetics processes and the relationship to energy storage, transformation and utilization in biological systems. Study of energy metabolism during different physiological conditions and the applications to clinical exercise science and sport.

**ESS 720. Advanced Strength and Condition. (3 Credits)**

I, II This course is an advanced education in the field of strength and conditioning, principles, organization, and techniques. Higher level understanding of human physiology will be gained with specific emphasis on optimizing adaptation response.

**ESS 730. Sports Communications. (3 Credits)**

I. Formerly PHE 730. Students will explore and apply communication theories to the sport and exercise industry. Emphasis will be on examination of public and media relations with a special focus on organizational communication to external and internal publics.

**ESS 762. Adapted Physical Activity and Special Populations Programming. (3 Credits)**

I, II. Formerly PHE 762. Principles and practices of adapted physical activity and exercise programming for special populations and at risk, chronic disease populations. Content will emphasize the nature and needs of exceptional persons, etiology of disabilities, and exercise interventions. Credit will not be awarded for both ESS 762 and PHE 762.

**ESS 775. Tests & Measurements. (3 Credits)**

I, II. Formerly PHE 775. Administration and scoring of tests, evaluation and use of results obtained.

**ESS 790. Special Topics in Ex/Sport Sci. (1-4 Credits)**

A. Formerly PHE 790. Study of various topics in physical education and sport selected to meet special student needs and interests. May be retaken to a maximum of six hours with advisor's approval provided subtitle is different.

**ESS 799. Tactical Strength and Conditioning. (3 Credits)**

Foundations of preparing, periodizing, and developing tactical-based athletes and professionals. Tactical athletes include military, LEO, firefighter, and other first responders.

**ESS 800. Research Methods. (3 Credits)**

I, II. Formerly PHE 800. Application of research methods in exercise and sport science with emphasis on consumption of research, methods of research, and tools and instrumentation for research.

**ESS 810. Financial Aspects of Sport. (3 Credits)**

A. Formerly PHE 810. Study of the principles, practices, and theories associated with finance planning and management of enterprises engaged in the provision of sport related services and/or products. Topics include budget planning and preparation, preparing and analyzing financial statements, revenue sources, money management, preparation of business plans and feasibility studies.

**ESS 812. Lifetime Fitness and Wellness. (3 Credits)**

A. Formerly PHE 812. Philosophical and factual basis for lifetime fitness for professional fitness leaders. Problem-solving and decision-making approaches to establish creative and effective programs.

**ESS 814. Sport Mkt/Prom/Fund Raising. (3 Credits)**

I, A. Formerly PHE 814. Marketing, promotion, and fund raising within the context of amateur and professional sport. An overview of sport business industry; theory; pricing, distribution, and promotional technique of sport; media relations; endorsement and sponsorships; and licensing.

**ESS 821. Physiological Bases of Phy Fit. (3 Credits)**

II. Formerly PHE 821. Effects of chronic exercise on neuromuscular, cardiovascular, respiratory, and metabolic function.

**ESS 822. Sociology of Sport. (3 Credits)**

A. Formerly PHE 822. Meaning of sport in contemporary societies; relationship of selected social factors on development of social groups and attitudes in varying levels of sport; structure and function of sport in simple and complex social institutions.

**ESS 823. Psychology of Sport & Exercise. (3 Credits)**

II. Formerly PHE 823. This course examines the psychological basis of organization and team dynamics of performance in sport and exercise behavior through an exploration of psychological theories and their applications to real world experiences.

**ESS 825. Policy and Governance of Sport. (3 Credits)**

II. Formerly PHE 825. An in-depth study of major sport governing agencies including organizational structure, constitutions, policies, procedures, and membership requirements of sport agencies at the state, national, and international levels.

**ESS 835. Legal Issues in Sports Science. (3 Credits)**

I. Formerly PHE 835. Principles and concepts of exercise and sport in contemporary society with primary emphasis on legal issues that relate to the exercise industry and amateur sport.

**ESS 839. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839A. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839B. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839B. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839C. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839C. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839D. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839A. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839E. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839E. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 839F. Co-op or Appl Lrn: Physical Ed. (0.5-6 Credits)**

A. Formerly PHE 839F. Prerequisites: departmental approval; must have been admitted to the Master of Science/Sports Administration option. Work under faculty and field supervisors in a cooperative placement related to student's academic studies. One to six hours credit per semester or summer. Six hours may count toward master's degree. A minimum of eighty hours work is required for each academic credit.

**ESS 848. History/Philosophy Ex/Sport Sc. (3 Credits)**

A. Formerly PHE 848. A study of organized physical activity of people in significant cultural epochs in history and the underlying philosophy that influenced these activities and the influence on modern exercise and sport science methods and techniques.

**ESS 850. Event and Facility Management. (3 Credits)**

I. Formerly PHE 850. A. Focus on fundamentals of event and facility management: organizing and operating athletic events, planning and modifying facilities associated with athletic, physical education, fitness, and recreation programs.

**ESS 869. Org Behavior & Leadership in ESS. (3 Credits)**

II. Formerly PHE 869. Students will study the basic concepts, theories, organization and administration including financial management as applied to exercise and sport science.

**ESS 870. Internship Sports Administration. (1-6 Credits)**

A. Formerly PHE 870. Supervised experience in selected aspects of sports in a sports administration setting. May be retaken to a maximum of six hours.

**ESS 871. Internship: Exercise/Wellness. (1-6 Credits)**

A. Formerly PHE 871. Supervised experiences of selected aspects of wellness programming.

**ESS 875. Seminar in Exercise and Sport. (3 Credits)**

A. Formerly PHE 875. Research and discussion of critical questions in physical education; topics to be studied will vary according to the concerns of seminar students.

**ESS 885. Independent Study. (1-3 Credits)**

A. Formerly PHE 885. Designed for graduate students who have demonstrated the ability to conduct individual research relating to physical education. Student must have the independent study proposal form approved by faculty supervisor and department chair prior to enrollment. May be retaken to a maximum of three hours.

**ESS 891. Issues in Exercise/ Sport Sci. (3 Credits)**

A. Identification of critical issues arising from current problems; exploration of points of view and possible solutions.

**ESS 896. Sports Administration Capstone. (3 Credits)**

A. Formerly PHE 896. Comprehensive integration and application of program learning outcomes. The student will analyze and synthesize academic knowledge and practical experience as they relate to issues and problems in sports administration.

**ESS 897. Thesis. (3-6 Credits)**

A. Formerly PHE 897. For students preparing a thesis in partial fulfillment of the requirements for the master's degree programs. May be retaken to a maximum of six hours.