

DEPARTMENT OF PARKS, RECREATION, EXERCISE, AND SPORT SCIENCE

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Master's

- Exercise and Sport Science, Master of Science (M.S.) (<https://catalogs.eku.edu/graduate/health-sciences/parks-rec-exercise-sport-science/exercise-sport-science-ms/>)
- Recreation and Park Administration, Master of Science (M.S.) (<https://catalogs.eku.edu/graduate/health-sciences/parks-rec-exercise-sport-science/recreation-park-administration-ms/>)

Courses

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.

View Course Learning Outcomes

1. {}

ESS 720. Advanced Strength and Conditioning. (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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

ESS 775. Tests & Measurements. (3 Credits)

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

View Course Learning Outcomes

1. {}

ESS 790. Special Topics in Exercise and Sport Science. (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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

ESS 814. Sport Marketing, Promoting, & Fundraising. (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.

View Course Learning Outcomes

1. {}

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

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

View Course Learning Outcomes

1. {}

ESS 822. Sociology of Sport Science. (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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

ESS 869. Organizational 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.

View Course Learning Outcomes

1. {}

ESS 870. Internship Sports Administrati. (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.

View Course Learning Outcomes

1. {}

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

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

View Course Learning Outcomes

1. {}

ESS 875. Seminar in Exercise and Sport Science. (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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

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.

View Course Learning Outcomes

1. {}

REC 711. Rec Therapy Prac & Services. (3 Credits)

II. Interventions and utilization of terminology. Apply leadership skills, assistive technology, and programming applications. 2 Lec/2 Lab.

View Course Learning Outcomes

1. {}

REC 712. Mgmt of Therapeutic Rec Servic. (3 Credits)

Management concepts applied to delivering therapeutic recreation services, and includes: documentation, activity analysis, assessment, liability, legislation and standards of practice.

View Course Learning Outcomes

1. {}

REC 712S. Mgmt of Rec Therapy Services. (3 Credits)

I. Prerequisite: for majors only. Management concepts applied to delivering recreation therapy services, and includes: documentation, activity analysis, assessment, liability, legislation, and standards of practice. Includes 15 service learning hours.

View Course Learning Outcomes

1. {}

REC 716. Rcrtn & Prk Interpretive Svcs. (3 Credits)

The interpretation of natural, historical and cultural resources in recreation and park settings. Frequent agency visits and educational field seminars are components of this course.

View Course Learning Outcomes

1. {}

REC 720. Trends/Issues in Rec Therapy. (3 Credits)

A. Professional issues and trends discussion on topics related to recreation therapy such as clinical practice, licensure, legislative and regulatory issues, curricular standardization, professional ethics and other relevant professional topics.

View Course Learning Outcomes

1. {}

REC 730. Park Management. (3 Credits)

II. Park purposes and operations with an emphasis on natural resources and visitor management. Concentration on design, resource conservation and preservation, public relations, park policies.

View Course Learning Outcomes

1. {}

REC 790. Special Topics:_____ (1-3 Credits)

A. Identification and study of specialized techniques in recreation leadership, activities skills, operational methods, and services. May be retaken under different subtitle.

View Course Learning Outcomes

1. {}

REC 800. Literature Analysis in Rec. (1 Credit)

I. Individualized study of recreation and park administration designed for students entering the graduate program without a degree in recreation, parks, or tourism. It is recommended that this course be completed before taking classes in the graduate program. This course must be passed with at least a B grade.

View Course Learning Outcomes

1. {}

REC 801. Park, Rec & Tour Resrch Methds. (3 Credits)

II. Emphasis will be on applied research methods in the field of parks, recreation, leisure and tourism. Prepares students to understand and identify appropriate data collection methods, sampling, questionnaire design, data analysis, and interpretation of research literature.

View Course Learning Outcomes

1. {}

REC 809. Advanced Study in Recreation. (3 Credits)

A. Prerequisite: REC 801. Directed study of topics in recreation and leisure. An advanced study project and individual meetings with instructor are required. An advanced study proposal from must be approved prior to enrollment.

View Course Learning Outcomes

1. {}

REC 815. Internship. (1-3 Credits)

A. Prerequisite: department chair approval. Supervised practical work experience in a clinical or administrative setting.

View Course Learning Outcomes

1. {}

REC 825. Phil of Recreation and Leisure. (3 Credits)

I. Examination of recreation theory and practice from both research and empirical bases. Significance of leisure and recreation for the individual and society. Recreation's future in a changing cultural milieu.

View Course Learning Outcomes

1. {}

REC 830. Outdoor Rec. in America. (3 Credits)

I. A study and analysis of outdoor recreation policy development and agency management. Includes the development of natural and historical interpretive services.

View Course Learning Outcomes

1. {}

REC 840. Admin Proc & Pract. (3 Credits)

II. Principles and concepts of administration, in-depth investigation of budgeting, policy formulation, and legislative provisions.

View Course Learning Outcomes

1. {}

REC 850. Recreation & Tourism Marketing. (3 Credits)

I, II. The purpose of this course is to provide the student with an in-depth understanding of marketing in the public and commercial recreation sectors, parks, and leisure services.

View Course Learning Outcomes

1. {}

REC 870. Rec Therapy Quality Assurance. (3 Credits)

I, II. Examine the components of quality assurance and techniques for evaluation related to programs, management, and patient outcomes in therapeutic recreation settings.

View Course Learning Outcomes

1. {}

REC 871. Therapeutic Recreation Admin. (3 Credits)

I, II. Understand the characteristics of management, administrative management, as related to human services in therapeutic recreation.

View Course Learning Outcomes

1. {}

REC 890. Independent Study in REC. (3 Credits)

I, II, A. Student must have the independent study proposal form approved by the graduate program director and chair prior to enrollment. Student initiated directed study for the purpose of conducting research and examining issues in park, recreation, and leisure services. May be retaken up to six hours, provided the topics are different.

View Course Learning Outcomes

1. {}

REC 897. Thesis. (3-6 Credits)

A. Designed for students preparing a thesis in partial fulfillment of the requirements for the master's degree program.

View Course Learning Outcomes

1. {}