

Department of

Exercise & Sports Science**John Zirker, Department Chair**

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Preston Haley, Steven Kimpel, Eli Lankford, Clyde Nelson, JoAnn
Reeve, Jerry Schlegelmilch, Ferron Sonderegger, Dave Walker, John
Zirker*

Judie Hood, Secretary (208) 496-2118

<http://www.byui.edu/exerciseandsportsci/>

Department of Exercise and Sports Science

The Department of Exercise and Sports Science is committed to teaching a wide range of special interests for the general student body as well as faculty and staff. Course work has been designed to assist students who desire to major in Exercise Physiology, Fitness and Exercise, and minor in Exercise & Sports Science, Sports Management, or Physical Education Teaching.

The Exercise Physiology Major is a program that focuses on the scientific study of the physiological processes involved in physical and motor activity. It includes instruction in muscular and skeletal anatomy; cellular mechanics of muscle contraction; and fuel utilization; as well as other physiological responses to exercise, muscular fatigue and exhaustion. Courses also cover muscle and body training, physiology of specific exercises and activities, and motor mechanics.

The Fitness and Exercise Emphasis is for students who plan to work after graduation and are not planning to attend graduate school, medical school, etc. It would be an excellent choice for individuals who desire a flexible career and ability to balance work and family life. Application-based courses have a heavy emphasis in providing experience wherein the student works with an individual or group in a trainer-client relationship.

The Physical Education Teaching Minor prepares students to teach in the secondary school systems. Courses prepare students in basic sport and fitness skills, physical education classroom management, and physical education administration. Students learn to effectively promote lifelong fitness through physical activity.

The Exercise and Sports Science minor focuses on the application of scientific techniques in exercise and sports with specific application to areas such as aerobic conditioning, personal fitness, strength training, and application of conditioning in community and private sports fitness programs.

The Sports Management minor helps prepare students who are looking for a career in athletic administration, sports business, and athletics.

BS in Exercise Physiology (481-109)

Major Requirements

<p><i>Take these courses:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>ESS 320</td><td style="text-align: right;">2</td></tr> <tr><td>ESS 375</td><td style="text-align: right;">3</td></tr> <tr><td>ESS 375L</td><td style="text-align: right;">1</td></tr> <tr><td>FDMAT 110</td><td style="text-align: right;">3</td></tr> <tr><td>FDMAT 222</td><td style="text-align: right;">3</td></tr> <tr><td>HFED 100</td><td style="text-align: right;">3</td></tr> <tr><td>HFED 350</td><td style="text-align: right;">3</td></tr> <tr><td>HS 365</td><td style="text-align: right;">3</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">21</td></tr> </table>	ESS 320	2	ESS 375	3	ESS 375L	1	FDMAT 110	3	FDMAT 222	3	HFED 100	3	HFED 350	3	HS 365	3		21	<p><i>Take 1 course:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>PH 105</td><td style="text-align: right;">3</td></tr> <tr><td>PH 115</td><td style="text-align: right;">4</td></tr> <tr><td>PH 121</td><td style="text-align: right;">3</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">3</td></tr> </table> <p><i>Take 1 course:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BIO 200</td><td style="text-align: right;">4</td></tr> <tr><td>FDSCI 204</td><td style="text-align: right;">3</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">3</td></tr> </table> <p><i>Take 1 course:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BIO 264</td><td style="text-align: right;">4</td></tr> <tr><td>BIO 460</td><td style="text-align: right;">4</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">4</td></tr> </table>	PH 105	3	PH 115	4	PH 121	3		3	BIO 200	4	FDSCI 204	3		3	BIO 264	4	BIO 460	4		4	<p><i>Take 1 course:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>ESS 497</td><td style="text-align: right;">3</td></tr> <tr><td>ESS 498</td><td style="text-align: right;">1-2</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">1</td></tr> </table> <p><i>Take 1 course:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BIO 265</td><td style="text-align: right;">4</td></tr> <tr><td>BIO 461</td><td style="text-align: right;">5</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">4</td></tr> </table> <p><i>Take 2 courses:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>CHEM 105</td><td style="text-align: right;">4</td></tr> <tr><td>CHEM 106</td><td style="text-align: right;">4</td></tr> <tr><td>OR</td><td></td></tr> <tr><td>CHEM 101</td><td style="text-align: right;">4</td></tr> <tr><td>CHEM 150</td><td style="text-align: right;">5</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">8</td></tr> </table>	ESS 497	3	ESS 498	1-2		1	BIO 265	4	BIO 461	5		4	CHEM 105	4	CHEM 106	4	OR		CHEM 101	4	CHEM 150	5		8	<p><i>Take 10 credits:</i></p> <table style="width: 100%; border-collapse: collapse;"> <tr><td>BIO 211</td><td style="text-align: right;">4</td></tr> <tr><td>BIO 221</td><td style="text-align: right;">3</td></tr> <tr><td>BIO 375</td><td style="text-align: right;">3</td></tr> <tr><td>BIO 376</td><td style="text-align: right;">3</td></tr> <tr><td>BIO 381</td><td style="text-align: right;">3</td></tr> <tr><td>CHEM 351</td><td style="text-align: right;">4</td></tr> <tr><td>CHEM 352</td><td style="text-align: right;">4</td></tr> <tr><td>CHEM 481</td><td style="text-align: right;">3</td></tr> <tr><td>ESS 381</td><td style="text-align: right;">4</td></tr> <tr><td>ESS 455</td><td style="text-align: right;">1</td></tr> <tr><td>HFED 200</td><td style="text-align: right;">3</td></tr> <tr><td></td><td style="text-align: right; border-top: 1px solid black;">10</td></tr> </table>	BIO 211	4	BIO 221	3	BIO 375	3	BIO 376	3	BIO 381	3	CHEM 351	4	CHEM 352	4	CHEM 481	3	ESS 381	4	ESS 455	1	HFED 200	3		10	<p><i>Program Notes:</i></p>
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Total Major Credits=54

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

BS in Exercise Physiology (481-105)

Fitness and Exercise Emphasis

Major Requirements

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Total Major Credits=54

This major is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Minor in Exercise and Sport Science (110)

Minor Requirements

<i>Take these courses</i>	<i>Take 2 courses:</i>	<i>Take 3 courses:</i>	<i>Cont. from previous column</i>	<i>Program Notes:</i>
BIO 264 4	ESS 341 2	ESS 100 1	ESS 134 1	
ESS 177 2	ESS 342 2	ESS 101 1	ESS 140 1	
ESS 320 2	ESS 343 2	ESS 110 1	ESS 141 1	
ESS 330 2	ESS 344 2	ESS 117 1	ESS 144 1	
ESS 347 2	ESS 345 2	ESS 118 1	ESS 145 1	
ESS 366 2	ESS 346 2	ESS 119 1	ESS 147 1	
ESS 375 3	ESS 346 4	ESS 121 1	ESS 148 1	
ESS 375L 1		ESS 123 1	ESS 160 1	
18		ESS 124 1	ESS 161 1	
		ESS 126 1	ESS 162 1	
		ESS 127 1	ESS 178 1	
		ESS 131 1	ESS 195 1	
		ESS 133 1	ESS 196 1	
		<i>Cont. next column</i>	3	

Total Minor Credits=25

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Minor in Physical Education Teaching (163)

Minor Requirements

<i>Take these courses</i>	<i>Take 1 course:</i>	<i>Program Notes:</i>
ED 343 2	ESS 361 1	
ESS 177 2	ESS 362 1	
ESS 320 2	ESS 363 1	
ESS 330 2	ESS 364 1	
ESS 350 2	ESS 364 1	
ESS 365 3		
ESS 366 2		
ESS 375 3		
HS 349L 1		
19		

Total Minor Credits=20

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Minor in Sports Management (196)

Minor Requirements

Take these courses

B 101	3
CIT 140	3
COMM 130	3
COMM 230	3
ENG 316	3
ESS 350	2
ESS 483	3
FDMAT 222	3
	<hr/>
	23

Program Notes:

Total Minor Credits=23

This minor is available on the following tracks:

Fall-Winter---- YES

Winter-Spring---- YES

Spring-Fall---- YES

Exercise & Sports Science

Brigham Young University-Idaho 2009-2010

Exercise and Sports Science Pre-approved Clusters

Exercise and Sports Science		
<i>Take these courses:</i>		
ESS 320	Motor Development	2
ESS 347	Sports Conditioning	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
HFED 100	Nutrition	3
Choose any ESS 100 course		<u>1</u>
Total Credits		12

Coaching (Non-education)		
<i>Take these courses:</i>		
ESS 335	Advanced Sports Psychology	3
ESS 350	Evaluation and Administration	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
ESS 381	Strength Training Theory and Application	3
Choose any 1 coaching theory course		<u>2</u>
Total Credits		14

Professional Training		
<i>Take these courses:</i>		
ESS 204	Aerobic Fitness Techniques	2
ESS 347	Sports Conditioning	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
ESS 381	Strength Training Theory and Application	3
HS 305	Fitness Appraisal and Practice	<u>3</u>
Total Credits		14

Professional Health		
<i>Take these courses:</i>		
BIO 264	Anatomy & Physiology	4
ESS 320	Motor Development	2
ESS 375	Exercise Physiology	3
ESS 375L	Exercise Physiology Lab	1
HS 365	Kinesiology	3
Choose any ESS 100 course		<u>1</u>
Total Credits		14

Pre-Professional/Health		
<i>Take these courses:</i>		
BIO 200	Introduction to Biology I	4
BIO 211	Introduction to Biology II	3
<i>Take 4 credits</i>		
BIO 375	Genetics	3
BIO 376	Cell and Molecular Biology	3
BIO 460	Advanced Anatomy	4
BIO 461	Principles of Physiology	5
CHEM 481	Biochemistry	<u>4</u>
Total Credits		12

Exercise & Sports Science

Brigham Young University-Idaho 2009-2010

Course Descriptions	Credits*	Course Descriptions	Credits*
ESS 100 Aerobic Fitness	(1.0:0:2)	ESS 130 Body Weight Management	(1.0:1:1)
Fee: \$4.00 A class using cardiovascular exercise and intensity. (Fall, Winter, Spring)		Fee: \$4.00 To teach principles of nutrition and exercise specifically for weight management and to create a peer group of individuals to support one another in these goals. (Fall, Winter, Spring)	
ESS 101 Water Aerobics	(1.0:0:2)	ESS 131 Golf	(1.0:0:2)
Fee: \$4.00 A type of exercise using muscle resistance in water. A good aerobic activity for pregnant students. (Fall, Winter, Spring)		Fee: \$20.00 To teach basic skills, fundamentals, and techniques of golf effectively to develop a sufficient level of physical fitness and skill level. Students will be required to pay green fees. (Fall, Spring)	
ESS 102 Footwork, Agilities & Plyometrics	(1.0:0:2)	ESS 133 Tennis Beginning	(1.0:0:2)
Fee: \$4.00 Class consists of footwork agility, running, conditioning, flexibility, change of direction, coordination, and reaction time. (Fall, Winter, Spring)		Fee: \$4.00 To teach basic skills and fundamentals of tennis for a beginning player. A \$4 locker fee is required for winter semester. (Fall, Winter, Spring)	
ESS 110 Fencing	(1.0:0:2)	ESS 134 Tennis Intermediate	(1.0:0:2)
Fee: \$4.00 To introduce the student to the sport of fencing through experience with the French foil, skills, drills, knowledge of judging and directing are included. (Fall, Winter, Spring)		Fee: \$4.00 Prerequisite: Must be able to play tennis at intermediate level To enhance tennis technique and skill with competitive work-outs. The class will be tennis instruction beyond beginning tennis and drill with game and tournament/competition play. Locker fee required for winter semester. (Fall, Winter, Spring)	
ESS 115 Military Physical Fitness	(1.0:0:2)	ESS 140 Beginning Basketball	(1.0:0:2)
Fee: \$4.00 A military style fitness program open to all students. (Fall, Winter, Spring)		Fee: \$4.00 To provide skills and strategies for a beginning basketball player. (Fall, Winter, Spring)	
ESS 117 Racquetball Beginning	(1.0:0:2)	ESS 141 Intermediate Basketball	(1.0:0:2)
Fee: \$4.00 To teach basic skills, fundamentals, and techniques of beginning racquetball. Students must provide their own goggles. (Fall, Winter, Spring)		Fee: \$4.00 Prerequisite: Competitive basketball or ability to play beyond beginning level. To provide skills and strategies of intermediate basketball (Fall, Winter, Spring)	
ESS 118 Wallyball	(1.0:0:2)	ESS 141W Basketball Intermediate	(1.0:0:2)
Fee: \$4.00 To introduce and instruct students in wallyball skills. (Fall, Winter, Spring)		Fee: \$4.00 A class designed specifically to teach women the fundamentals of intermediate basketball.	
ESS 119 Racquetball Intermediate	(1.0:0:2)	ESS 144 Beginning Volleyball	(1.0:0:2)
Fee: \$4.00 A more advanced course in the game of racquetball providing instruction in more advanced skills and strategies. (Fall, Winter, Spring)		Fee: \$4.00 This class introduces and instructs beginning students in basic volleyball skills and the basic game of volleyball.	
ESS 121 Softball	(1.0:0:2)	ESS 145 Intermediate Volleyball	(1.0:0:2)
To teach women the fundamentals and strategies of softball. (Fall, Spring)		Fee: \$4.00 This class is for intermediate students proficient in beginning volleyball.	
ESS 123 Badminton Beginning	(1.0:0:2)	ESS 146 Advanced Volleyball	(1.0:0:2)
Fee: \$4.00 To teach the basic fundamentals of badminton to a beginning student. (Fall, Winter, Spring)		Fee: \$4.00 Prerequisite: Intermediate volleyball skills and knowledge of offense and defense This class enables the more experienced volleyball student to refine skills and participate with other excellently skilled students registered in the class. (Fall, Winter, Spring)	
ESS 124 Badminton Intermediate	(1.0:0:2)	ESS 147 Soccer Beginning	(1.0:0:2)
Fee: \$4.00 Prerequisite: Have played the game enough to know and exhibit knowledge of rules and the ability to play intermediate badminton. Designed to teach strategies beyond the beginning fundamentals of badminton to a more advanced student. (Fall, Winter, Spring)		To provide a wide variety of skills and techniques of beginning soccer. (Fall, Winter, Spring)	
ESS 126 Archery Beginning	(1.0:0:2)	ESS 148 Soccer Intermediate	(1.0:0:2)
To teach basic strategies and fundamentals of beginning archery to a beginning student. (Fall, Winter, Spring)		This course is for experienced players that have played competitive soccer and will be taught to understand the game at a higher tactical level. (Fall, Winter, Spring)	
ESS 127 Archery Intermediate	(1.0:0:2)	ESS 160 Swimming Beginning	(1.0:0:2)
Prerequisite: Previous archery experience and skills to an intermediate level. Class designed to help student learn more advanced techniques in the sport of archery through hands-on application of using the bow and arrow through lecture, demonstration, and practice of archery skills. (Fall, Winter, Spring)		Fee: \$4.00 To instruct beginning students in basic swimming skills and strokes. (Fall, Winter, Spring)	

Exercise & Sports Science

Brigham Young University–Idaho 2009-2010

<p>ESS 161 Swimming Intermediate (1.0:0:2) Fee: \$4.00 Prerequisite: Student must have passed beginning swim class. An intermediate swimming class designed to instruct students beyond the basic swimming skills and strokes. (Fall, Winter, Spring)</p> <p>ESS 162 Swimming Advanced (1.0:0:2) Fee: \$4.00 To provide advanced swimmers the opportunity to learn and swim at a more advanced level. (Fall, Winter, Spring)</p> <p>ESS 175 Adaptive Physical Education (1.0:0:2) Fee: \$4.00 This class is for students with health related problems who are unable to participate in regular physical education skills classes and does not replace ESS 177, HS 131, or HS 131W. (Fall, Winter, Spring)</p> <p>ESS 177 Fit for Life (2.0:2:0) To teach students to prepare a personal fitness program including cardio-vascular endurance, nutrition, strength, flexibility, and stress management. (Fall, Winter, Spring)</p> <p>ESS 178 Weight Training (1.0:0:2) Fee: \$4.00 To provide students with a progressive resistance strength training program. (Fall, Winter, Spring)</p> <p>ESS 178W Weight Training (1.0:0:2) Fee: \$4.00 A class designed specifically to teach women proper weight training techniques. (Fall, Winter, Spring)</p> <p>ESS 179 Olympic Weight Training (1.0:0:2) Fee: \$4.00 To provide students with a competitive, structured weight training program. (Fall, Winter, Spring)</p> <p>ESS 195 Skiing (1.0:0:4) Fee: \$300.00 Participants of varying ski abilities are provided with ski level fundamentals. The first day of class will be a mandatory meeting in the Hart Main Gym at noon and will not be a ski day. (Fall, Winter, Spring)</p> <p>ESS 196 Snowboarding (1.0:0:4) Fee: \$300.00 Participants of varying abilities of snowboarding are provided with skill level fundamentals. The first day of class will be a mandatory meeting in the Hart Main Gym at noon and will not be a snowboard day. (Fall, Winter, Spring)</p> <p>ESS 204 Aerobic Fitness Techniques (2.0:2:1) Fee: \$4.00 A certified instructor will prepare student to become certified as an aerobic instructor by passing an exam given off-campus. (Fall, Winter, Spring)</p> <p>ESS 205 Intramurals (2.0:2:0) To teach organization of a well-run tournament within the overall Intramural and campus recreation program. (Fall, Winter, Spring)</p> <p>ESS 206 Sports Officiating Football (1.0:1:0) Rules, techniques, problems, and procedures in officiating football to prevent injuries, procedures in refereeing football. (Fall, Spring)</p> <p>ESS 207 Sports Officiating Softball (1.0:1:0) Rules, techniques, problems, and procedures in officiating softball to prevent injuries, procedures in refereeing softball. (Fall, Spring)</p>	<p>ESS 208 Sports Officiating Soccer (1.0:1:0) Rules, techniques, problems, and procedures in officiating soccer to prevent injuries, procedures in refereeing soccer. (Fall, Spring)</p> <p>ESS 209 Sports Officiating Volleyball (1.0:1:0) Rules, techniques, problems, and procedures in officiating volleyball to prevent injuries, procedures in refereeing volleyball. (Fall, Winter)</p> <p>ESS 210 Sports Officiating Basketball (1.0:1:0) Rules, techniques, problems, and procedures in officiating basketball to prevent injuries, procedures in refereeing basketball. (Fall, Winter)</p> <p>ESS 264 Lifeguarding (3.0:2:2) Fee: \$4.00 To instruct students to receive American Red Cross Certification in lifeguard training and CPR by a certified professional instructor. The course gives full certification needed to lifeguard at pools, lakes, and reservoirs. (Fall, Winter, Spring)</p> <p>ESS 268 Water Safety Instruction (3.0:2:2) Fee: \$4.00 Prerequisite: LIFE GUARDING To teach potential swimming instructors fundamentals of instructor training. (Fall, Winter, Spring)</p> <p>ESS 299 Professional Experience Seminar (1.0:0:2) To provide teaching, coaching, managing, training, and administrative or organizational experiences. By consent of instructor. (Fall, Winter, Spring)</p> <p>ESS 320 Motor Development (2.0:2:0) Prerequisite: BIO 264 recommended To help students understand motor skill performance from birth to adult. (Fall, Winter, Spring)</p> <p>ESS 330 Fundamentals in Coaching and Sports Psychology (2.0:2:0) To analyze and study the mind and movement as it applies to the psychological principles of activity in sports and activity. To expose students to principles and practices of effective coaching. (Fall, Winter, Spring)</p> <p>ESS 335 Advanced Sports Psychology (3.0:3:0) The object of this class is to present, discuss, learn and apply the various mind-sets, mental approaches, and techniques of successful athletes and coaches at all levels. (Fall, Winter)</p> <p>ESS 341 Baseball Theory (2.0:2:0) Prerequisite: Must have a knowledge and skills of baseball. To explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching baseball fundamentals. (Fall, Spring)</p> <p>ESS 342 Basketball Theory (2.0:2:0) Prerequisite: Must have knowledge and skills of basketball. To explore the concepts, competencies, ideas, ideals and principles of teaching or coaching basketball fundamentals. (Fall, Winter, Spring)</p> <p>ESS 343 Football Theory (2.0:2:0) Prerequisite: Must have knowledge and skills of football. To explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching football fundamentals. (Fall, Winter, Spring)</p> <p>ESS 344 Track & Field Theory (2.0:2:0) Prerequisite: Must have knowledge and skills of track and field. To explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching track and field fundamentals. (Fall, Spring)</p>
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Exercise & Sports Science

Brigham Young University–Idaho 2009-2010

<p>ESS 345 Volleyball Theory (2.0:2:0) Fee: \$4.00 Prerequisite: Must have a knowledge and skills of volleyball. To explore the concepts, competencies, ideals, team organization, and principles of volleyball. (Fall, Winter, Spring)</p>	<p>ESS 465 Advanced Exercise Physiology (3.0:3:0) Prerequisite: ESS 375 To explore the advanced concepts, competencies, ideas, ideals, and principles of exercise physiology. (Fall)</p>
<p>ESS 346 Wrestling Theory (2.0:2:0) Prerequisite: Must have a knowledge and skills of wrestling. To help wrestling coach/teacher develop a philosophy of wrestling. (Fall, Winter)</p>	<p>ESS 483 Sports Law (3.0:3:0) Provides a managerial approach to issues and problems that confront sports managers, focusing on concepts of tort law, contract law, constitutional law, antitrust law, labor law and intellectual property law. (Fall)</p>
<p>ESS 347 Sports Conditioning (2.0:2:0) Students learn to apply aerobic and anaerobic exercise in personal and team sports settings.</p>	<p>ESS 495 Student Pedagogy and Mentoring I (1.0:0:0) Prerequisite: Acceptance into major. Student observation of faculty teaching physical skills courses and development of student lesson plans for physical skills courses. Subsequent semesters: Faculty mentoring of student teaching in various physical activity courses. (Fall, Winter, Spring)</p>
<p>ESS 350 Evaluation & Administration (2.0:2:0) Prerequisite: BIO 264 & BIO 265 recommended. To familiarize student with a wide variety of administrative responsibilities with regard to physical education. (Fall, Winter, Spring)</p>	<p>ESS 496 Student Pedagogy and Mentoring II (1.0:0:0) Prerequisite: ESS 495 Course consists of students teaching in one of two areas, and coaching two sports under the university intramural program. Students will develop physical fitness classroom management and leadership skills which will prove useful for future pedagogy experiences. (Fall, Winter, Spring)</p>
<p>ESS 361 Sports Skills & Secondary Methods 1 (1.0:0:2) This class will instruct students how to teach the methods of basketball and golf. (Fall, Spring)</p>	<p>ESS 497 Exercise Science Seminar (3.0:3:0) Prerequisite: BIO 264, BIO 265, ESS 320, ESS 350, ESS 375, ESS 375L, HFED 100, FDMAT 222. A capstone course in which students learn how to develop a research project and oral presentation. (Fall, Winter, Spring)</p>
<p>ESS 362 Sports Skills & Secondary Methods 2 (1.0:0:2) This class will instruct students how to teach the methods of volleyball and tennis. (Fall, Spring)</p>	<p>ESS 498 Internship (1.0-2.0:0:0) Prerequisite: ESS 375, ESS 375L, ESS 320, HFED 100, BIO 264, BIO 265; consent of instructor required. Students will complete a job-related experience pertinent to Exercise Science such as cardiac rehabilitation, health club administration, human performance, etc. (Fall, Winter, Spring)</p>
<p>ESS 363 Sports Skills & Secondary Methods 3 (1.0:0:2) This class will instruct students how to teach the methods of soccer and badminton. (Fall, Spring)</p>	
<p>ESS 364 Sports Skills & Secondary Methods 4 (1.0:0:2) This class will instruct students how to teach the methods of softball and weight lifting. (Fall, Spring)</p>	
<p>ESS 365 Introduction to Kinesiology and Biomechanics (3.0:3:0) Prerequisite: BIO 264 or ESS 320 This class is designed to teach the basics of kinesiology and biomechanics from an applied perspective. (Fall, Winter, Spring)</p>	
<p>ESS 366 Adaptive Education Special Population (2.0:2:1) Prerequisite: Bio 264 & Bio 265 recommended. To help students understand how individuals learn and develop and how they can provide opportunities that support their physical, cognitive, social, and emotional development. (Fall, Winter, Spring)</p>	
<p>ESS 375 Exercise Physiology (3.0:3:0) Prerequisite: BIO 264 or ESS 320. Teaches a branch of physiology that deals with the functioning of the body during exercise. (Fall, Winter, Spring)</p>	
<p>ESS 375L Exercise Physiology Lab (1.0:0:2) Fee: \$20.00 Prerequisite: BIO 264 265 recommended A class to introduce some of the fundamental laboratory techniques used for the field of Exercise Science and Exercise Physiology. (Fall, Winter, Spring)</p>	
<p>ESS 381 Strength Training Theory and Application (4.0:3:2) This course explores effective methods of applying strength resistance workouts to individual and team sports. (Fall, Winter, Spring)</p>	
<p>ESS 455 Exercise Science Selected Topics (1.0:1:0) Prerequisite: ESS 375 This course will help students understand various topics regarding Exercise Science and how these topics are related to the physical body. (Fall, Winter, Spring)</p>	