

Department of

Exercise & Sports Science



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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. The well-equipped Hart Physical Education Building includes a field house, five racquetball courts, two gymnasiums, two weight rooms, a fitness center, a wrestling room, a 6-lane pool, dance studio, classrooms, and an exercise physiology laboratory.

Course work has been designed to assist students who desire to major in Exercise Science or Exercise & Sports Science Health Major Endorsement, minor in Physical Education Teaching, or Exercise and Sports Science, or to fulfill foundation requirements.

After completing their Bachelor of Science in Exercise Science from BYU-Idaho, students will have a wide range of opportunities. These include graduate school where students can continue their studies in exercise science or a number of other disciplines, student can go to medical school, dental school, or other professional schools. Graduates in exercise science are hired by a number of companies throughout the country ranging from pharmaceutical sales to the fitness industry.



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Brigham Young University-Idaho 2007-2008

ESS 118 Wallyball (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 To introduce and instruct students in basic wallyball skills. (Fall, Winter, Summer)	ESS 134 Tennis Intermediate (1:0:2) Fulfills GE Basic Skills requirement. 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, Summer)
ESS 119 Racquetball Intermediate (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 Prerequisite: 1. Must have knowledge of strategies, and fundamentals of racquetball and have ability to play at a more advanced level than beginner. 2. Student will furnish and wear racquetball goggles while playing racquetball. A more advanced course in the game of racquetball providing instruction in more advanced skills and strategies (Fall, Winter, Summer)	ESS 139 Cardio Fitness (1:0:2) Prerequisite: 1. PEC 177 recommended 2. Access to Fitness for Life Manual Prepare workout schedule, do workouts outside of class, and report these workouts to instructor. (Fall, Winter, Summer)
ESS 121 Softball (1:0:2) Fulfills GE Basic Skills requirement. To teach students fundamentals and strategies of softball. Women only. (Fall, Summer)	ESS 140 Beginning Basketball (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 To provide skills and strategies for beginning basketball. (Fall, Winter, Summer)
ESS 123 Badminton Beginning (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 To teach the basic fundamentals of badminton. (Fall, Winter, Summer)	ESS 141 Intermediate Basketball (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 Prerequisite: Competitive basketball or ability to play beyond beginning level. To provide skills and strategies of intermediate basketball (Fall, Winter, Summer)
ESS 124 Badminton Intermediate (1:0:2) Fulfills GE Basic Skills requirement. 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.	ESS 144 Beginning Volleyball (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 Prerequisite: Be a beginning volleyball student. This class introduces and instructs students in basic volleyball skills and in the basic game of volleyball. (Fall, Winter, Summer)
ESS 126 Archery Beginning (1:0:2) Fulfills GE Basic Skills requirement. To teach basic strategies and fundamentals of beginning archery. (Fall, Winter, Summer)	ESS 145 Intermediate Volleyball (1:0:1) Fulfills GE Basic Skills requirement. Prerequisite: Beginning Volleyball skills Basics of offense and defense This class will allow the students with newly acquired basic volleyball skills the opportunity to gain more playing confidence and ability by working and practicing with expert assistance and with players of similar skill abilities. (Fall, Winter, Summer)
ESS 127 Archery Intermediate (1:0:2) Fulfills GE Basic Skills requirement. 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, Summer)	ESS 146 Advanced Volleyball (1:0:2) Fulfills GE Basic Skills requirement. 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. (Fall, Winter, Summer)
ESS 128 Beginning Bowling (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$32.00 To teach basic skills, fundamentals and techniques of bowling. (Fall, Winter, Summer)	ESS 147 Soccer Beginning (1:0:2) Fulfills GE Basic Skills requirement. To provide a wide variety of skills and techniques of beginning soccer. (Fall, Winter, Summer)
ESS 131 Golf (1:0:2) Fulfills GE Basic Skills requirement. 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, Summer)	ESS 148 Soccer Intermediate (1:0:0) Fulfills GE Basic Skills requirement. Prerequisite: Must have Beginning Soccer or have played on an organized soccer team. 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, Summer)
ESS 133 Tennis Beginning (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 To teach basic skills and fundamentals of tennis. Locker fees are required for winter semester. (Fall, Winter, Summer)	

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ESS 160 Swimming Beginning (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 To instruct students in basic swimming skills and strokes. (Fall, Winter, Summer)	ESS 205 Intramurals (2:2:1) To teach organization of a well-run tournament within the overall Intramural and campus recreation program. (Fall, Winter, Summer)
ESS 161 Swimming Intermediate (1:0:2) Fulfills GE Basic Skills requirement. 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, Summer)	ESS 206 Sports Officiating Football (1:1:0) Rules, techniques, problems, and procedures in officiating football to prevent injuries, procedures in refereeing football. (Fall, Summer)
ESS 162 Swimming Advanced (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 Prerequisite: Student must have passed intermediate swimming To provide advanced swimmers to learn and swim at a more advanced level. (Fall, Winter)	ESS 207 Sports Officiating Softball (1:1:0) Rules, techniques, problems, and procedures in officiating softball to prevent injuries, procedures in refereeing softball. (Fall, Summer)
ESS 175 Adaptive Physical Education (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 This class fulfills the G.E. Basic Skills requirement for those who are unable to participate in regular physical education skills classes. This class does not replace ESS 177, HS 131, or HS 131W. (Fall, Winter, Summer)	ESS 208 Sports Officiating Soccer (1:1:0) Rules, techniques, problems, and procedures in officiating soccer to prevent injuries, procedures in refereeing soccer. (Fall, Summer)
ESS 177 Fit For Life (1:1:1) Fulfills GE Basic Skills requirement. To teach students to prepare a personal fitness program including cardio vascular endurance, nutrition, strength, flexibility, and stress management. (Fall, Winter, Summer)	ESS 209 Sports Officiating Volleyball (1:1:0) Rules, techniques, problems, and procedures in officiating volleyball to prevent injuries, procedures in refereeing volleyball. (Fall, Winter)
ESS 178 Weight Training (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 To provide students with a resistance strength training program. (Fall, Winter, Summer)	ESS 210 Sports Officiating Basketball (1:1:0) Rules, techniques, problems, and procedures in officiating basketball to prevent injuries, procedures in refereeing basketball. (Fall, Winter)
ESS 179 Olympic Weight Training (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$4.00 Prerequisite: Student must be able to power clean and rack jerk 135 lbs, be able to bench press 165 lbs, and dead lift 225 lbs. To provide student with a competitive, structured weight training program. Student must be able to power clean and rack jerk 135 pounds, bench press 165 pounds, and dead lift 225 pounds.	ESS 264 Lifeguarding (3:4:0) Fee: \$4.00 Prerequisite: At least 15 years of age. Able to swim at least 500 yards. Good strong breast stroke kick or scissor kick. Strong swimming skills. To instruct students to receive American Red Cross Certification in lifeguard training and CPR. The course gives full certification needed to lifeguard at pools, lakes, and reservoirs. (Fall, Winter, Summer)
ESS 195 Skiing (1:0:5) Fulfills GE Basic Skills requirement. Fee: \$260.00 Prerequisite: Skiers will provide their own insurance. Participants of varying ski abilities are provided with skill level fundamentals. (Winter)	ESS 268 WSI (3:5:0) Fee: \$4.00 Prerequisite: Intermediate or advanced swimming skills. To teach potential swimming instructors fundamentals of instructor training. (Winter)
ESS 196 Snowboarding (1:0:2) Fulfills GE Basic Skills requirement. Fee: \$260 Prerequisite: Students must provide their own insurance. Participants of varying abilities of snowboarding are provided with skill level fundamentals. (Winter)	ESS 299 Professional Seminar (1:3:0:0) Prerequisite: PEC 350 suggested To provide teaching, coaching, managing, training, and administrative or organization experiences. (Fall, Winter, Summer)
ESS 204 Aerobic Fitness Techniques (2:2:1) Fee: \$4.00 To prepare student to teach BYU-Idaho fitness labs. (Fall, Winter)	ESS 320 Motor Development (2:2:0) To help students understand motor skills. (Fall, Winter, Summer)
	ESS 330 Fundamentals in Coaching and Sports Psychology (2:2:0) 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. Students will fulfill ASEP coaching certification requirements. (Fall, Winter, Summer)
	ESS 335 Advanced Sports Psychology (3:3:0) 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)

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ESS 341 Baseball Theory (2:2:0) Prerequisite: Must have knowledge and skills of baseball. To explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching baseball fundamentals. (Fall, Summer)	ESS 366 Adaptive Physical Education Special Populations (2:2:0) Prerequisite: Bio 264 & 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, Summer)
ESS 342 Basketball Theory (2:2:0) 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, Summer)	ESS 375 Exercise Physiology (3:3:0) Prerequisite: It is suggested that you take these classes: BIO 264, BIO 265, and HS 131. Teaches a branch of physiology that deals with the functioning of the body during exercise. (Fall, Winter, Summer)
ESS 343 Football Theory (2:2:0) Prerequisite: Must have knowledge and skills of football. To explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching football fundamentals. (Fall, Summer)	ESS 375L Exercise Physiology Lab (1:0:2) Fee: \$20.00 Prerequisite: Concurrent enrollment in ESS 375 A class to introduce some of the fundamental laboratory techniques used for the field of exercise science. (Fall, Winter, Summer)
ESS 344 Track and Field Theory (2:2:0) Prerequisite: Must have knowledge and skills of track and field. To explore the concepts, competencies, ideas, ideals, and principles of teaching or coaching field and track fundamentals. (Fall, Summer)	ESS 381 Strength Training Theory and Application (3:3:0) Prerequisite: ESS 375 This course explores effective methods of applying strength resistance workouts to individual and team sports. (Fall, Winter, Summer)
ESS 345 Volleyball Theory (2:2:0) Fee: \$4.00 Prerequisite: Must have knowledge and skills of volleyball. To explore the concepts, competencies, ideals, team organization, and principles of volleyball. (Fall, Winter, Summer)	ESS 455 Exercise Science Selected Topics (1:1:0) 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)
ESS 346 Wrestling Theory (2:2:0) Prerequisite: Must have knowledge and skills of wrestling. To help wrestling coach/teacher develop a philosophy of wrestling. (Fall, Winter, Summer)	ESS 497 ES Seminar (1:1:0) Prerequisite: Bio 264, 265, Chem 106, ESS 320, 350, 375, 375L, HFED 100, Math 221 A capstone course in which students learn how to develop a research project and oral presentation. (Fall, Winter, Summer)
ESS 347 Sports Conditioning (2:2:0) Students learn to apply aerobic and anaerobic exercise in personal and team sports settings. (Fall, Winter, Summer)	ESS 498 Internship (1:2:0:0) Prerequisite: ESS 375, 375L, 350, 320, HFED 100, Chem 105, Chem 106, Bio 264, Bio 265 Students will complete a job related experience pertinent to exercise science such as cardiac rehabilitation, health club administration, human performance, etc. (Fall, Winter, Summer)
ESS 350 Evaluation & Administration (2:2:0) Prerequisite: BIO 264 & 265 recommended. To familiarize student with a wide variety of administrative responsibilities with regard to physical education. (Fall, Winter, Summer)	ESS*W 141 Basketball Intermediate (1:2:0) Fee: \$4.00 Prerequisite: 1. Beginning basketball or high school basketball. 2. Women only. A class designed specifically to teach women the fundamentals of intermediate basketball
ESS 361 Sports Skills and Secondary Methods I (1:1:1) This class will instruct students to teach methods of basketball and golf. (Fall, Winter, Summer)	ESS*W 178 Weight Training (1:2:0) Fee: \$4.00 Prerequisite: For women only. A class designed to teach women proper weight training techniques. (Fall, Winter, Summer)
ESS 362 Sports Skills and Secondary Methods II (1:1:1) This class will instruct students to teach methods of volleyball and tennis. (Fall, Winter, Summer)	
ESS 363 Sports Skills & Secondary Methods III (1:1:1) This class will instruct students to teach methods of soccer and badminton. (Fall, Winter, Summer)	
ESS 364 Sports Skills and Secondary Methods IV (1:1:1) This class will instruct students to teach methods of weights and softball. (Fall, Winter, Summer)	