

WELLNESS & SPORT SCIENCES (WSSD)

WSSD 103: 3 s.h.

Foundations for Success

"Obstacles don't have to stop you. If you run into a wall, don't turn around and give up. Figure out how to climb it, go through it, or work around it." This mantra by Michael Jordan, Hall of Fame professional basketball player, serves as a foundation for success. This course explores the power of caring mentors to shape an individual's future. In this course we explore how education improves humanity. Amazing people don't just happen! Students will learn how to develop a growth mindset and through a process called critical inquiry, reflect on themselves and learn how to secure good mentors in their lives to partner in their future success. Using teaching and coaching as a framework, students will also recognize the pedagogical techniques used in their classes and how all students can best respond to those techniques to be successful in college. The course is open to all students and not intended as an introduction to a major course.

WSSD 110: 1 s.h.

Medical Terminology

The study of medical terminology introduces students to the language of medicine. Students will gain an understanding of basic elements, rules of building and analyzing medical words, and medical terms associated with the body as a whole.

WSSD 279: 1-3 s.h.

Experimental

Experimental

WSSD 300: 3-12 s.h.

Co-Op Ed Experience in WSSD

Co-Op Ed Experience in Wssd

WSSD 310: 3 s.h.

PE for Elementary Schools

Methods, materials, facilities and equipment for programs of health and physical education in elementary schools. Opportunities for observation of children at play, making equipment, program planning and teaching. Offered in fall, spring.

WSSD 311: 3 s.h.

Resp to Emergen: First Aid CPR

Preparation of students to develop skill and knowledge enabling them to administer first aid in the case of an accident or sudden illness. Certification in CPR and standard first aid according to American Red Cross standards.

WSSD 350: 3 s.h.

Sport in North America (D, W)

Examines major issues in North America sport both in the past and at the present. It emphasizes developing a historical and environmental perspective of the evolution in modern North America sports. Students will study various social and cultural issues that have significantly influenced the development of sport – race and ethnicity, nationality, occupation, gender and sexual orientation, religion, economics, education, social class, and politics. It explores the implications of the continuous evolution of sports in North American society.

WSSD 358: 3 s.h.

Sport Fundraising & Devel Prin

Introduces students to the unique nature of sport fundraising at both the professional and amateur levels. Principles and practices of fundraising and donor development specific to the sport business environment combining theory and practical advice.

WSSD 360: 3 s.h.

International Sport Management (D)

Students will be introduced to a wide range of issues concerning international sport management, such as globalized sport industry, emerging trends in international sport, governance in international sport, international sport business strategies, and frontiers in international sport management. They will examine specific issues, challenges, as well as opportunities within the domain of international sport management. The course will cover many professional sporting events in every continents and regions of the world regarding their backgrounds, the participants in terms of athletes and spectators, the governance and management of the events, and the economic impacts.

WSSD 375: 3 s.h.

Prevention and Care of Athletic Injuries

Basics of prevention, recognition, care, assessment, treatment and rehabilitation of injuries to physically-active populations. Survey of the musculoskeletal anatomy; tissue response to injury; protective equipment; emergency procedures in sport; environmental concerns; mechanisms of sport injury; injury prevention, assessment and management; and abnormalities and disabilities as they apply to athletic participation. Prereq: WSSD 311.

WSSD 384: 3 s.h.

Contemporary Issues in Sport (W)

Students will be introduced to a wide range of sporting issues, such as violence, cheating, doping, and corruption as well as broad themes that can be examined using sport as a lens to view society. The course will cover sport at the youth, intercollegiate, and professional levels considering how sport at these levels is differently experienced by individuals, communities, organizations, and broadly by society.

WSSD 390: 4 s.h.

Athlct Trng Tech w/ Surf Anatm

This course introduces students to the fundamental principles and basic techniques used by Certified Athletic Trainers (ATCs). Topics will include appropriate taping, wrapping and bracing procedures commonly prescribed for athletic injuries, selected therapeutic modalities, and an understanding of basic anatomy and functions of the musculoskeletal system, including an orientation to the major anatomical landmarks and underlying body structures. Pre-Athletic Training majors only. Offered in summer.

WSSD 395: 3 s.h.

Leisure Activies for the Aged

CR. Leisure Activities for the Aged

WSSD 400: 3-12 s.h.

Co-Op Ed Experience in WSSD

Co-Op Ed Experience in Wssd

WSSD 410: 3 s.h.

Intl. Sport Issues & Industry (P)

The purposes of this course are to introduce students to global sport-related issues and industries and to obtain firsthand experience in international sport events or organizations through a study abroad opportunity.

WSSD 410H: 3 s.h.**Hon: Intl. Sprt. Issues/Indust (P)****WSSD 450: 3 s.h.****Kinesiology and Phys Found of Sport**

The study of movement, specifically dealing with movement of the human body, including mechanics, laws of motion, anatomy and the detailed analysis of coaching activities. The functions of the various systems of the human body under stress of muscular activity that are basic for the development and maintenance of physical fitness and sport.

WSSD 452: 3 s.h.**Nutrition for Performance Enhancement**

This course will provide a comprehensive overview of the nutritional needs of athletes and how proper nutrition may lead to better overall personal health and performance. Course restricted to Junior/Senior status and students in the Allied Health Technology, Sport Administration, Athletic Coaching, Pre-Athletic Training and Sports Medicine majors minors or concentrations only.

WSSD 454: 3 s.h.**Leadership Development in Sports**

This course is designed for students involved in the athletic coaching minor program as well as any student who wants to learn more about leadership in sports. To be a successful coach, it is essential to understand key leadership concepts such as motivation, integrity, team building and influencing people. The program content of this class will reflect these key leadership issues as well as other areas like vision, problem solving, building effective relationships, group dynamics and diversity. In addition, all participants will complete a "Leadership Project." The "Leadership Project" will be a well-conceived vision and plan for action for the participants to implement upon completion of the class.

WSSD 479: 3 s.h.**Experimental**

Experimental

WSSD 480: 3 s.h.**Theory & Tech of Coach & Sprt**

Theory and techniques of the function, organization and administration of athletics in the total education program. Certification in Coaching Principles and Sport First Aid is available through the American Sport Education Program. Offered annually.

WSSD 482: 3 s.h.**Coaching Effectiveness**

Course introduces students to the fundamental principles and basic techniques used by athletic coaches. Topics include skill acquisition, competitive sport strategies, practice planning and game tactics to assist athletic coaches in designing successful athletic programs.

WSSD 483: 3 s.h.**Legal Aspects of Sport**

Instruction in prevention, treatment and care of athletic injuries. Legal and moral responsibilities in supervising elementary and secondary student athletes are discussed. Certification in sport law is available through the American Sport Education Program. Offered in fall, spring.

WSSD 484: 3 s.h.**Psyc-Soc Foundation Coaching**

The psychosocial factors affecting human behavior in modern society as applied to coaching situations and the historical development of sports programs. Offered periodically.

WSSD 485: 3 s.h.**Perf Enhance:Mntl Trng in Sprt**

This course will help students understand how psychological factors affect an individual's physical performance and understand how participation in sport and exercise affects a person's psychological development, health and well-being. By the end of this course, students will view sport and physical activity as agents for personal and social change. Offered periodically. Prereq: PSYC 100 for the B.S. BIOL/PATHL; WSSD 480 for athletic coaching minor.

WSSD 486: 1-3 s.h.**Topics**

Detailed investigations of a topic of current interest. Topic to be announced each time course is offered.

WSSD 489: 1-4 s.h.**Honors Course****WSSD 491: 3 s.h.****Exercise Physiology**

Theory and laboratory experiences relating to the mechanisms by which the body adapts physiologically to selected conditions of muscular performance within the context of physical activity and sports. Laboratory experiments will include circulatory and respiratory response to exercise, respiratory metabolic measurements, identification of the ventilatory threshold, assessment of maximal oxygen uptake, energy cost of physical activity and assessment of body composition.

WSSD 492: 1-3 s.h.**Seminar in Sport Science**

Group discussions. General theme to be determined by professor. Prereq: junior standing and 15 s.h. of WSSD courses.

WSSD 498: 1-3 s.h.**Independent Study****WSSD 499: 1-4 s.h.****Dept Hnrs:****WSSD 500: 3-12 s.h.****Co-Op Ed Experience in Wssd**

Co-Op Ed Experience in Wssd

WSSD 525: 3 s.h.**Growth, Maturation, and Physical Activity**

This course introduces students to the anatomical, physiological, psychological, and sociological issues related to exercise and physical activity in children and adolescents such as effects of maturation, growth and puberty on physical performance. Children and adolescents do not physiologically respond to exercise and training in the same manner as adults. Therefore, exercise training programs must be tailored to meet the developmental needs of children and adolescents. Professionals, such as sport coaches, who work with these populations should understand the physiological and psychological responses and demands that are unique to the child and adolescent populations. In addition, students will explore how to coach individuals with clinical pediatric health issues (e.g. asthma, diabetes) and how to adapt appropriate and safe physical activity and exercise programs.

WSSD 551: 3 s.h.**Coaching of Sport**

Designed to develop the major area of knowledge pertinent to the profession of coaching. The American Sport Education Program (ASEP), dealing with sport philosophy, sport psychology, sport pedagogy, sport physiology, sport first aid and sport management, will be presented. Students may take the certification exam. Offered periodically.

WSSD 581: 3 s.h.**Performance In Sport**

Provides a clear understanding of factors to be considered when analyzing human movement pertaining to sport and athletic competition. Offered periodically.

WSSD 582: 3 s.h.**Sport Psychology**

Focuses on the latest psychological skills training techniques for both coaches and athletes. The latest techniques in neurolinguistic programming and its implications for coaches and athletes will be utilized. Students will be introduced to and learn the latest mental-training techniques of Olympic and professional athletes. Offered periodically.

WSSD 590: 3 s.h.**Drug and Alcohol Symposium**

CR. Drug and Alcohol Symposium

WSSD 601: 3 s.h.**Organization and Administration of Sport Programs**

Includes regulations of sport-governing bodies, federal law, academic integrity, institutional control, financial effectiveness and welfare of sport personnel and participants. Offered periodically.

WSSD 602: 3 s.h.**Sport in American Culture**

An examination of 20th-century American culture and the role played in it by sports. Areas which will come under scrutiny include, but are not limited to, the family, labor, industry, schools, churches, race relations and democracy as they relate to sport in American culture. Offered periodically.

WSSD 603: 3 s.h.**Moral and Ethical Issues in Sports**

An inquiry into ethics and morality as these apply to sport management. Competition, violence, rules, drugs and athletic scholarships are some of the concepts examined. Various ethical approaches are considered. Offered periodically.

WSSD 604: 3 s.h.**Event Management**

Principles of financing, operating and managing public-assembly facilities. Emphasis on event management in arenas. Lectures, projects, papers and practical experience emphasized. Offered periodically.

WSSD 605: 3 s.h.**Sport and the Law**

U.S. legal system; negligence law; intentional torts and criminal acts, including assault and battery, hazing, and violence in sport; and risk identification and management. Constitutional law issues, including state action, due process, equal protection, search and seizure/privacy issues and drug testing. Federal statutes, including Title IX, Title VII of the Civil Rights Act of 1964, Title I of the Americans with Disabilities Act, and contract law. Offered periodically.

WSSD 610: 3 s.h.**Women in Sport**

Examines the history of female participation, women's relationships to changing female roles and ideals, and the attitudes of society toward competition for women. Includes an overview of women's sport organizations, federal laws and the motivations of female athletes. Offered periodically.

WSSD 612: 3 s.h.**Research Methods in Sport**

Overview of the nature of research in sport sciences. Topics include different types of research methods in sport, research design, skills in data collection and assessment, and application of research to the management of sport.

WSSD 615: 3 s.h.**Campus Recreation Program**

Overview includes budgets, personnel, facilities, legal concerns, gender issues, planning and evaluation, publicity and evaluation. Programming areas include intramurals, extramurals, informal sports, club sports and outdoor pursuits. Offered periodically.

WSSD 616: 3 s.h.**Internship for Athletic Management**

Practical experience related to athletic management. Students will coordinate their course work with specific field experience. Program supervised by a member of the Department of Wellness and Sport Sciences. Students must contact the graduate coordinator of sport management one semester prior to enrolling to complete the Internship Application packet. Prereq: WSSD 601, 602, 603, 604 and 605

WSSD 617: 3 s.h.**Sport Conditioning**

The physiological principles underlying the process of physical conditioning. The student will also learn how to apply these principles to individuals training for sport and physical fitness. Offered periodically.

WSSD 618: 3 s.h.**Athletic Injuries**

The basic principles of sports medicine. Emphasis on injury prevention, management and rehabilitation. Current topics and methods in athletic training are also discussed. Offered periodically.

WSSD 619: 3 s.h.**Internship for Athletic Coaching**

Practical experience related to athletic coaching. Students will coordinate their coursework with specific field experience. Program supervised by a member of the Department of Wellness and Sport Sciences. Students must contact the graduate coordinator of sport management one semester prior to enrolling to complete the Internship Application packet. Prereq: WSSD 601, 602, 603, 604 and 605.

WSSD 621: 3 s.h.**Nutrition for Exercise and Sport**

Complete study of nutrition and its effects upon exercise and sport. Offered periodically.

WSSD 622: 3 s.h.**Sport Finance**

Provides students with an improved understanding of sports-related finance issues and expands their skills in financial analysis and planning. Develops an appreciation for the financial decision-making process in sports business. Using a number of case studies and selected readings, the course will include the following topics: organization, accountability, financial planning, purchasing, revenue streams, sponsorship, licensing, franchises, box office operations, retail operations, customer retention, fundraising, grant writing, booster clubs, working with volunteers, financial risk management and payroll procedures.

WSSD 686: 1-3 s.h.**Sp Topics:**

In-depth investigation and development of an area of current sport management interest. Offered periodically.

WSSD 687: 1-3 s.h.

Sp Topics:

In-depth investigation and development of an area of current sport management interest. Offered periodically.

WSSD 688: 1-3 s.h.

Sp Topics:

In-depth investigation and development of an area of current sport management interest. Offered periodically.

WSSD 689: 1-3 s.h.

Sp Topics:

In-depth investigation and development of an area of current sport management interest. Offered periodically.

WSSD 691: 1-3 s.h.

Ind Study:

Intensive study of a particular field or problem in sport management not normally covered in a regular course. Offered as needed.

WSSD 698: 3 s.h.

Research Proposal

To fulfill the requirements of the course, students must satisfactorily complete an introduction, a review of literature and provide a written research design. APA format will be used for the research proposal. Offered as needed.

WSSD 699: 3 s.h.

Thesis

Each student writes and orally defends a study of some significance in the field of sport management demonstrated by (1) an individual bound thesis or (2) by condensing his/her findings and submitting them to a professional journal. APA format will be used for the thesis. Offered periodically.