

WELLNESS & SPORT SCIENCES

the courses

WELL 175: 3 s.h.

Wellness

This course offers a comprehensive discussion of the dimensions of wellness including such topics as physical fitness, nutrition, psychological well-being, time- and stress-management, STI prevention, sexual violence risk reduction, active bystander interventions, addictive behaviors related to alcohol and other drugs, cultural responsiveness, as well as chronic diseases. The course includes useful and practical advice for adopting a wellness lifestyle that considers individual interests, goals, and life situations.

WELL 175H: 3 s.h.

Hon: Wellness

WELL 240: 3 s.h.

Health, Safety, Nutr for Child

This course is designed to address the essential components of children's wellness. The course will present ways to promote children's health through awareness, effective practices and knowledge of health issues; address the creation and maintenance of safe environments for young children; and meet children's essential nutritional needs through nutrition education and planning. Emphasis will be placed on preventive health practices, the promotion of lifelong physical activity, and on the collaborative effort of families and teachers in the promotion of these wellness issues in the face of current health issues for children, especially obesity. Offered in fall, spring.

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 Activities 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
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