

EXERCISE & SPORTS STUDIES

DEGREE: B.S.

The exercise and sports studies (ESS) program leads to a bachelor's of science (B.S.) degree of 122-124 credits, and is designed to provide undergraduate students with the knowledge and conceptual tools to understand the various dimensions of the health professions, fitness industry and/or competitive athletics. Students are provided with a major foundation of 18 credits of content-specific coursework and are given the option to select from one of three areas of specialization. An ESS minor also exists to complement other academic areas of study.

The Exercise Studies track (track #1) provides students with a focus on the health and fitness aspects of the exercise sciences and prepares students for careers in the fitness industry such as strength and conditioning and personal training. This track is designed to prepare students for credentialing examinations through the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM).

The Sports Studies track (track #2) focuses on the social, psychological, business, and management aspects of the sports and fitness industries. This track prepares students for careers in sports and fitness management and administration and coaching.

The Health Professions track (track #3) is designed for students pursuing an advanced degree in physical therapy. Students interested in physical therapy matriculate into the sequential-degree program (B.S. in exercise and sports studies + doctor of physical therapy [D.P.T.] program). Entering freshmen matriculate into and complete a B.S. in ESS under the administration of the exercise and sports studies department. Upon completion of the B.S., qualified students meeting all prerequisite and GPA requirements, directly enter the three-year doctor of physical therapy (D.P.T.) program. Sequential-degree physical therapy majors will transition directly into the D.P.T. program providing they complete all D.P.T. program prerequisites with a grade of C or better, possess a GPA of 3.0 or better, and continue to meet all graduate admissions standards. Please refer to page 101 for specific information pertaining to the graduate D.P.T. program. Students choosing the health professions track intimately study the basic sciences (chemistry, physics, anatomy and physiology) in addition to the exercise sciences in preparation for the D.P.T. graduate program. The track is also designed to prepare students for credentialing examinations through the National Strength and Conditioning Association (NSCA) and the American College of Sports Medicine (ACSM).

The ESS course of study is intimately related to the strong group of health-related programs currently offered at D'Youville College at both the undergraduate and graduate levels, such as physical therapy and dietetics. Students interested in careers in sports and fitness management can complement undergraduate degrees with various graduate business degrees available at D'Youville College, such as international business and MBA programs. In addition, the undergraduate ESS major can be combined with elements of the undergraduate business management program for students interested in pursuing sports and fitness management.

As such, this path of study is consistent with the educational mission and capabilities of the ESS program and provides students a new and attractive pathway for undergraduate studies in an area related to exercise and sport studies.

ADMISSIONS REQUIREMENTS

Applicant will meet these criteria for entrance into ESS program (track #1 and track #2):

1. Combined SAT score of 900 (or ACT of 19)
2. High school average of at least 80 percent
3. High school rank in the upper one half of the class
4. Transfers: must have a minimum of 2.0 GPA

Applicants must meet these criteria for entrance into the ESS + D.P.T. program (track #3):

1. Combined SAT score of 1000 (or ACT of 21)
2. High school average of at least 85 percent
3. High school rank in the upper one half of the class
4. Minimum of two years of high school math/three years of high school science.
5. Transfers: must have a minimum of 2.5 GPA

PROGRAM CONTENTS AND REQUIREMENTS:

The program in exercise and sports studies leads to a B.S. requiring between 122-124 credits, dependent on area of specialization chosen (track). The program consists of three tracks, each of which contains 17 courses that meet the D'Youville College core requirements and five foundation courses. Each track then includes additional coursework from a variety of disciplines that round out the student's educational experience.

Students who apply for admission into either track #1 or track #2 must attain a minimum SAT score of 900 (or ACT of 19), a minimum high school average of 80 percent (transfer students a minimum of 2.0) and have a school rank within the top 50 percent of graduating class. Admission into the ESS + D.P.T. (track #3) program requires a minimum SAT score of 1000 (math and verbal) (or ACT of 21), a high school average of 85 percent (or 2.85 on a 4-point scale), and a rank in the top 50 percent of graduating class. Transfer students are required to have a minimum of 2.5 GPA. Students who apply for admission into track #3, but do not meet all admissions requirements, will be given the option of being accepted into either track #1 or track #2. After two semesters of coursework which must include successful completion of two semesters of science required for the major, students can matriculate into the seven-year ESS + D.P.T. program.

Once accepted, a minimum grade of C must be earned in each required course in the major or the course must be repeated. A course may be repeated only once. Failure to achieve a grade of at least a C on the second attempt may result in dismissal from the program. For health professions (track #3) students, a minimum GPA of 3.0 is required for admittance into the D.P.T. graduate program.

Track 1 (Exercise Studies) - 124 credits

Track 2 (Sports Studies) - 122 credits

Track 3 (Health Professions) - 122 credits

COURSE REQUIREMENTS

EXERCISE AND SPORTS STUDIES

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Core course requirements for the major:

ENG 111	English Communication I.....	3
ENG 112	English Communication II.....	3
PHI 201	Ethics in Theory and Action.....	3
	OR	
RS 201	Religion and Social Responsibility Five (5) Humanities Electives.....	15
HIS	History Core Elective.....	3
SOC 101	Principles of Sociology.....	3
PSY 101	General Psychology.....	3
PSC 201	American Government and Economics.....	3
	OR	
ECO 201	Principles of Economics - Macro	
	OR	
ECO 202	Principles of Economics - Micro	
MAT 1xx	Mathematics Core Course (Track #3: MAT 122 or 125)	3
CSC 110	Computers and Computing.....	3
	OR	
CSC 151	Introduction to Computer Programming	
	OR	
CSC 161	Introduction to Multimedia	
BIO 107	Human Anatomy and Physiology I.....	3
BIO 107L	Human Anatomy and Physiology I Lab.....	1
BIO 108	Human Anatomy and Physiology II.....	3
BIO 108L	Human Anatomy and Physiology II Lab.....	1
	Three (3) Free Electives.....	9
	SUBTOTAL	59

In other academic areas required for the major:

ESS 101	Introduction to Exercise and Sports Studies.....	3
ESS 201	Principles of First Aid, Safety and Athletic Injury.....	3
ESS 270	Exercise and Sports Studies: Practicum.....	3
ESS 410	Special Topics.....	3
ESS 470	Exercise and Sports Studies: Internship.....	3
ESS 490	Exercise and Sports Studies Seminar.....	0
SOC 312	Sociology of Sports and Physical Activity.....	3
	SUBTOTAL	18

Additional course requirements for Track 1—Exercise Studies:

CHE 111	Chemistry for the Health Sciences I.....	3
CHE 112	Chemistry for the Health Sciences II.....	2
CHE 113L	Chemistry for the Health Sciences II Lab.....	1
BIO 339	Human Gross Anatomy.....	6
DTC 306	Principles of Nutrition.....	3
DTC 328	Nutrition for Fitness and Athletic Performance.....	2
ESS 301	Exercise Prescription and Fitness Evaluation.....	3
ESS 306	Exercise Physiology.....	3
	Eight (8) Electives.....	24
	SUBTOTAL	47
	 Core requirements.....	 59
	In other academic areas required for the major.....	18
	In the specific area of concentration.....	47
	Total	124

Additional course requirements for Track 2—Sports Studies:

ESS 206	Coaching Theory and Methodology.....	3
ESS 307	Sports and Fitness Management.....	3
PSY 203	Developmental Psychology.....	3
PSY 204	Physiological Psychology.....	3
SOC 322	Health, Illness and Society.....	3
SOC 400	Social Epidemiology.....	3
	9 Electives.....	27
	SUBTOTAL	45
	 Core requirements.....	 59
	In other academic areas required for the major.....	18
	In the specific area of concentration.....	45
	TOTAL	122

Additional course requirements for Track 3—Health Professions:

CHE 111	Chemistry for the Health Sciences I.....	3
CHE 112	Chemistry for the Health Sciences II.....	2
CHE 113L	Chemistry for the Health Sciences II Lab.....	1
DTC 306	Principles of Nutrition.....	3
DTC 328	Nutrition for Fitness and Athletic Performance.....	2
ESS 301	Exercise Prescription and Fitness Evaluation.....	3
ESS 306	Exercise Physiology.....	3
MAT 123	Introduction to Applied Statistics.....	4
PHY 111\L	Introduction to Physics I.....	4
PHY 112\L	Introduction to Physics II.....	4
PSY 203	Developmental Psychology.....	3
RSC 203	Medical Terminology.....	1
	4 Electives.....	12
	SUBTOTAL	45
	 Core requirements	 59
	In other academic areas required for the major	18
	In the specific area of concentration	45
	Total	122

GLOBAL STUDIES

DEGREE: B.A.

The global studies major is an interdisciplinary program drawing on the diverse offerings of liberal arts at the college. The program prepares students to understand cultural differences from a broad interdisciplinary perspective and to examine more deeply a particular region of the world.

During their course of studies, students will be offered a study-abroad opportunity. The global studies faculty strongly recommend that students enter language-intensive programs abroad during a summer semester or regular semester, thus possibly satisfying the language requirement of the program and the expectation of foreign study at the same time.

The program will provide students with a strong interdisciplinary background, global awareness and hands-on regional knowledge sufficient to provide a working knowledge of the issues that face a particular region of the world. With globalization resettling the boundaries of commerce, and culture and politics in the world, a global studies degree will be highly prized by international and nongovernmental organizations.

To fulfill the requirements for a bachelor of arts degree in global studies, students must complete the following courses: GLS 101, GLS 102, GLS 444, BIO 215, ENG 215, ENG 216, HIS 211, PHI 306, PSC 250, SOC 203 and GLS 344 or four semesters of a foreign language.

In addition, students choose from one of three regional concentration areas, and complete a minimum of 12 credit hours in that area, with no more than nine hours from any one academic discipline. The areas and possible courses to choose from are as follows: Europe: ENG 300, 301, 308, 309, 310, 318, 344, FA 327, HIS 111, 329, 343, PHI 280, 305, 404, RS 209 or SOC 211. The Americas: ENG 218, 323, 342, 343, 344, 409, HIS 231, 341, 313 or SOC 211. The Non-Western World: ENG 344, 340, 341, HIS 103, 309, 350, HIS/SOC 420, PHI 308 or SOC 211.

All courses are offered during a two-year sequence or more frequently. Unless otherwise indicated, odd-numbered courses are offered in the fall and even-numbered courses are offered in the spring. Students in the major must maintain a minimum 2.0 G.P.A. in courses taken at D'Youville in their major subject area.

For further information, contact the chair of the liberal arts department at 716.829.7608.