

{ Course Descriptions }

» EXERCISE AND SPORT SCIENCE

ESS 250 – INTRO TO EXERCISE AND SPORT SCIENCE (2)

This course will survey career options in exercise, fitness, health promotions, and sport sciences. The student will study the exciting opportunity to positively impact our society through promoting health and fitness. The student will also examine trends and career potentials related to exercise, fitness, health, and sport sciences.

ESS 260 - HEALTH AND FITNESS FOR LIFE (2)

The goal of this course is for each student to develop a positive, physically active, and healthful lifestyle. Throughout the course, the student will participate in cardiovascular development, flexibility, strength, body composition, stress testing, and develop a lifetime wellness plan.

BIO 264 - INTRODUCTION TO ANATOMY (3)

A basic introduction to the anatomy of the human body, designed for the exercise and sport science or physical education majors. The basic systems (cutaneous, skeletal, muscular, and nervous) will be covered.

BIO 265 - INTRODUCTION TO PHYSIOLOGY (3)

An introduction to the fundamental physiology of the human body with emphasis on the functioning of cell, circulatory, endocrine, reproductive, and muscular systems.

SOC 321 - SOCIOLOGY OF DIVERSITY (3)

This course examines social and cultural diversity in American culture. Students will study the origin and causes of institutional discrimination and individual prejudices, with a focus on their effect upon behavior and institutional performance.

ESS 330 – FIRST AID & CPR (0.5)

The student will study and demonstrate proficiency in the skills of CPR and First Aid. Successful completion of the course will certify the student in American Red Cross Adult, Child, and Infant CPR as well as Standard First Aid.

ESS 340 – PREVENTION & CARE OF ATHLETIC INJURIES (3)

This introductory course is intended to provide the student with knowledge and experience in the prevention, care, and rehabilitation of athletic injuries. Through lectures, discussions, projects and practical training room experience, students will gain knowledge and confidence in dealing with athletic-related injuries.

ESS 368 – MOTOR LEARNING (3)

This course examines neuropsychological aspects of human movement. Emphasis will focus on understanding learning, perception, motivation, memory, and other variables affecting motor skill development across the lifespan.

ESS 380 - ASEP CERTIFICATION SEMINAR (1)

The American Sport Education Program (ASEP) is one of the more widely recognized sport education certification programs in the United States. This course will enable you to meet ASEP entry coaching requirements for several states including Oregon and Washington.

ESS 398 – ORGANIZATION & ADMINISTRATION IN ESS (2)

This course offers systematic study of organization, management, and promotion of Physical Education, Athletics, and Fitness Centers. Students will develop an understanding of administrative philosophy, practices, and issues as they relate to the various elements of education and sports management.

ESS 422 – SPORTS PSYCHOLOGY (3)

This course will focus on the psychological factors related to motivation, participation, and exercise adherence in sport and recreational settings. Students will explore how social and psychological variables influence participation and performance in sport and physical activity, and how participation in sport and physical activity affect the psychological well-being of the individual.

ESS 432 – MEASUREMENT & EVALUATION IN ESS (3)

This course provides an introduction to the basic statistical techniques essential to measurement and evaluation in exercise, fitness, health and sport sciences. Included are practice experiences in testing body type, fitness, knowledge, power, agility, and work capacity. Experience in reading, synthesizing, and reporting current exercise research will also be gained in this course.

CHHS 451 – EXERCISE SCIENCE SEMINAR (1)

This course will focus on current issues, trends, and topics in the field of exercise science. Potential topics include: Performance Enhancing Drugs, Character Development in Sports, Preparation for American College of Sports Medicine, or National Strength and Conditioning Exams.

ESS 452 – PHYSICAL ACTIVITY & SPORT FOR SPECIAL POPULATIONS (3)

This course will provide an overview of legal and educational issues related to individuals with disabilities. Students will observe and participate in activities designed for individuals with disabilities. As a result, students will recognize that individuals, regardless of age or ability, are entitled to and benefit from participation in physical activity programs.

ESS 464 – NUTRITION EXERCISE & HUMAN PERFORMANCE (3)

This course will focus on the study of the body and how it uses the basic nutrients, the impact of nutrients and foods on a person's health in the prevention of disease, and how nutrition can impact maximum efficiency. Particular attention will be on how cultural and psycho-social factors influence food choices as well as how food choice impacts health, exercise, fitness, and sport performance.

ESS 472 – KINESIOLOGY (3)

This course involves the study of human movement from an anatomical and mechanical perspective. Through development of a specific skill analysis project, students will gain an in-depth understanding about how and why our joints, bones, and muscles move as they do.

ESS 482 – EXERCISE PRESCRIPTION & PROGRAMMING (3)

This course will focus on techniques for conducting fitness assessments and developing exercise programs for a variety of clients/individuals. Practitioners will develop experience and confidence in creating personal fitness prescriptions based on results of fitness assessments and other relevant information.

ESS 492 – EXERCISE PHYSIOLOGY (3)

This course involves a study of the physiological aspects of human performance, including basic nutrition and metabolic, endocrine, neuromuscular, respiratory, and cardiovascular responses to exercise. Practical labs will enable the student to gain valuable experience in observing, recording, and interpreting human physiological response to exercise.

ESS 495 – ESS RESEARCH PROJECT (3)

This capstone course will enable the student to synthesize their knowledge and develop skills that will enable them to be successful in future employment or their chosen area of graduate study. Through synthesis and presentation of a current research project, the student will show competence and confidence necessary to be an effective contributor in the fitness industry.

ESS 498 - INTERNSHIP (3-6)

This course connects the ESS major with practical, relevant, and challenging real-world experiences in the fitness industry. Throughout this experience Concordia students apply their knowledge they gained through technical, laboratory, and theoretical classes. The internship experience leads to connection with professionals in fitness clubs and sports labs; these networking opportunities shape and lead our students to employment after graduation.



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