

{ Exercise and Sport Science }

» BETTERING THE LIVES OF OTHERS

Concordia University's Exercise and Sport Science program applies the best of sports and science knowledge in training leaders to transform society.

Program Spotlight

A major in Exercise and Sport Science (ESS) will prepare you for a variety of careers in the fields of sport science and fitness. Graduates of the program will be able to use their ESS degree to move directly into a career in personal training, physical education, or coaching, among others. With an ESS degree, you will be equipped to pursue an advanced professional degree in areas such as athletic training, exercise physiology, and kinesiology. The goal of the ESS curriculum is to prepare you to take and pass the required entry level certification exams offered by the American College of Sports Medicine (ACSM), or the National Strength and Conditional Association (NSCA), or to be accepted into your preferred graduate school program.



Faculty Profile

JOEL SCHULDHEISZ, PHD

Joel Schuldheisz is Concordia University's resident advocate for physical fitness and maintaining a sound mind and body. With more than 20 years on the faculty, he has served the University as athletic director, professor, and currently, the director of the Exercise and Sport Science program. Dr. Schuldheisz earned his doctorate from Oregon State University in Sport Pedagogy. His master's degree is from University of Minnesota in Physical Education. He has led numerous sports camps and has served on several national, state, and local committees promoting health and well-being. Dr. Schuldheisz is an advocate for physical activity for individuals with disabilities and is an avid bicyclist, wind surfer, and tennis player.

"I am passionate about physical activity and fitness. I believe that being fit and active enables you to live life to the fullest. There is mounting research to support the physiological, psychological, neurological, social, and emotional benefits of exercise. Over 2,300 years ago Plato said, 'In order for man (or woman) to succeed in life, God provided him (her) two means, education and physical activity. Not separately, one for the soul and the other for the body, but for the two together.' Concordia's ESS program is holistic and will help you to apply the best in sport and science to maximize your potential and refine your abilities to serve our society."

ADDITIONAL FACULTY - For a complete list of faculty and staff, please visit www.cu-portland.edu/ess

Why a Concordia University Exercise and Sport Science Degree?

1. The focus of the program is student preparation and mastery of skills used in the fitness industry. Through projects, labs, internships, and small classes that accelerates learning, you will be prepared to pass fitness-industry standard exams or be admitted to graduate programs upon graduation. Either path will enable you to positively lead and inspire others to healthy living.
2. Located in the heart of the Rose City, Concordia University has established relationships with some of the premier athletic clubs, clinics, and research labs to help you develop practical skills that apply your knowledge and help you succeed in the fitness industry.
3. Your academic advisor will help you establish an educational plan based on your specific career path. You will be prepared to enter the health, fitness, and sport fields or to pursue graduate studies in Health and Exercise Science or related fields.
4. Our faculty's first priority is teaching and mentoring you. They are available to answer your questions, to guide your progress toward completion of your exercise science degree, and to help as you set up a professional network.

Sample Curriculum

The following is a sampling of the many classes that are offered as a part of our curriculum –

EXERCISE PRESCRIPTION & PROGRAMMING

Learn techniques for conducting fitness assessments and developing exercise prescriptions. Develop experience and confidence in developing personal fitness programs based on results of fitness assessments and other relevant information.

HEALTH AND FITNESS FOR LIFE

Learn to develop a positive, physically active and healthful lifestyle through participation in cardiovascular development, flexibility, strength, body composition, stress testing, and other developmental programs.

KINESIOLOGY

Study human movement from an anatomical and mechanical perspective and gain an in-depth understanding about how and why human joints, bones, and muscles move as they do.

PREVENTION AND CARE OF ATHLETIC INJURIES

Through lectures, discussions, projects, and practical training room experience develop knowledge and experience in the prevention, care, and rehabilitation of athletic injuries.

SPORTS PSYCHOLOGY

Explore how social and psychological variables influence participation, motivation, and performance in sport and physical activity. This course will also examine how physical activity affects the psychological well-being of the individual.

INTERNSHIP

This course engages the ESS major with practical, relevant, and challenging real-world experiences in the fitness industry or exercise testing. The internship connects CU students with professionals in fitness clubs and sports labs; these networking opportunities shape and lead our students to employment after graduation.

Next Step

We look forward to discussing how a degree in Exercise and Sport Science from Concordia University can prepare you to enhance the health and well-being of those you will serve. Contact the Concordia University Office of Admission at –

800-321-9371 503-280-8501 admissions@cu-portland.edu www.cu-portland.edu/ess



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