



# B.S. in Sport Studies

## Major Information

The Bachelor of Science in Sport Studies, offered by the Department of Physical Education, provides students with the opportunity to explore sport, movement disciplines, exercise and wellness within a trans-disciplinary curriculum.

Four cognate areas of specialization are available within this major. Building on required coursework and discrete electives, these cognate areas are:

- Human Development and Learning
- Human Movement Sciences
- Sports Management
- Personal and Team Coaching

The B.S. in Sport Studies prepares students to work in the wellness, recreation and sports industries, as well as to help them gain admission to a range of graduate programs supporting practice and research in human performance and the allied health professions.

## Areas of Specialization

Cognate areas are supported by coursework in academic disciplines found across the university. Students begin by taking courses offered through the Department of Physical Education. Then, guided by their interest and aptitude, students study with faculty who specialize in a range of areas associated with sports and human movement.

## Elective Coursework

One of the unique features of the Sport Studies major is its number of elective credits. With 24 credits of free electives, many students are able to work on prerequisites for further, advanced levels of study in graduate school or work on completing a minor in related areas of study.

## Becoming a Coach

Sport Studies majors are also particularly well-positioned to prepare for a career in coaching. Whether by pursuing the Coaching and Human Performance cognate or by taking the New York state-approved sequence of coaching courses offered within the department, graduates are well on their way to becoming certified to coach interscholastic sports across the state of New York.

## Your Four-Year Journey in Sport Studies

Here's a year-by-year snapshot of what and how you will study as a Sport Studies major at SBU:

### First Year:

Students begin taking courses to meet the requirements of the SBU general education core curriculum and foundational coursework in biology, sport, exercise and human movement. Students will also take their first cognate courses in their area of specialization.

### Second Year:

Students continue with the core curriculum as well as begin to study human anatomy, physiology, and specialized coursework in their selected cognate area.

### Third Year:

Students focus on the analysis of movement, exercise physiology, prevention and care of athletic injuries and nutrition. Additional coursework will be undertaken in the student's cognate area. Elective coursework allows students to individualize their plan of study based on evolving interests.

### Fourth Year:

Coursework in the psycho-social aspects of sport and human movement is undertaken, and "hands-on" experience is gained through their internship.



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Coursework in the student's cognate area of study is completed and elective study continues.

Coursework for areas of specialization:

### Human Development and Sport (15 credits)

PHED 210	Human Development & Learning	3
PHED 403	Motor Behavior	3
PHED 311	Physical Activities for Persons with Disabilities	3
PHED 315	Sports Psychology for Coaches	3
PHED 414	Social Theory of Sports	3

### Exercise Science (15 credits)

PHED 111	Fitness Activities	3
HS 209	Human Nutrition	3
HS 314	Exercise Physiology	3
PHED 315	Sport Psych for Coaches	3
PHED 411	Assessment and Technology in Physical Education	3

### \*Coaching & Human Performance (15 credits)

PHED 308C	Theories and Techniques of Coaching	3
PHED 310	Philosophies and Principles of Interscholastic Activities	3
PHED 315	Sport Psychology for Coaches	3
PHED 316	Health Science for Coaches	3
PHED 111	Fitness Activities	3

\*This concentration will allow students to apply for NYS temporary coaching certification. SBU does not currently offer a stand-alone certificate to coach in the NYS public school systems, however these courses provide learning experiences needed if applying through your local BOCES provider.

### Sports management (15 credits)

FIN 333	Economics & Finance of Sports	3
MGT 329	Intro to Sports Management	3
MKT 309	Sports Marketing	3
BI309A <i>or</i> BLX310	Sports Management internship <i>or</i> Sports and the Law	3
MGT 301 <i>or</i> MKT 301	Management and Organization Behavior <i>or</i> Principles of Marketing	3

*Depending on the cognate chosen, some courses may fulfill the general education distributions.*