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.

Your Four-Year Journey At SBU

Here’s a year-by-year snapshot of what and how you will study as a sport studies major:

First Year:
Students begin taking courses to meet the requirements of the General Education core curriculum and foundational coursework in biology, sport, wellness and human movement. Students also use the state-of-the-art Health & Human Performance Lab to apply the skills they’ve learned in the classroom and participate in faculty led research projects.

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 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 a 150-hour internship. Coursework in the student’s cognate area of study is completed and elective study continues.