HEALTH, EXERCISE AND SPORT SCIENCES

Phone: (209) 946-2209
Location: Main Gym
J. Mark VanNess, Co-Chair (Health & Exercise Science)
Lara Killick, Co-Chair (Sport Studies)

Degrees Offered
Bachelor of Arts
Bachelor of Science
Master of Arts (see Graduate Catalog for information)

Majors Offered
Health, Exercise and Sport Sciences (BA), with concentrations in:
  - Health & Exercise Science
  - Sport Management
  - PE, Coaching & Fitness
Health and Exercise Science (BS)

Minors Offered
Health, Exercise, and Sport Sciences

Mission
The mission of the University of the Pacific's Department of Health, Exercise and Sport Sciences is to provide student-centered instruction, offer a progressive, dynamic, cross-disciplinary curriculum in the liberal arts and sciences tradition, and attract and sustain students and faculty of diversity and quality.

Degrees in Health, Exercise, and Sport Sciences
The Department of Health, Exercise and Sport Sciences offers programs of study leading to the Bachelor of Arts, Bachelor of Science, and Master of Arts degrees. The purpose of a Health, Exercise and Sport Sciences degree is to educate and prepare students for a variety of careers in the fields grounded in human movement.

Coursework provides students with a foundation of knowledge and understanding about the concepts within the discipline. Health, Exercise and Sport Sciences majors must successfully complete one of the following concentrations: health and exercise science, sport management or PE, Coaching & Fitness. All degree options culminate with internships or practical coursework in clinical and applied settings.

Upon completion of a degree in the Department of Health, Exercise and Sport Sciences, it is expected that students have the capacity to: obtain, read, and interpret important information from health, exercise & sport sciences literature; write clearly, critically and persuasively; prepare and deliver presentations effectively; work and collaborate in groups toward a common goal; design and conduct research studies using appropriate methodologies; identify and apply ethical standards to the current issues in a selected track/major.

Facilities
The Department of Health, Exercise and Sport Sciences has the following facilities for use in its programs: a Human Physiology laboratory, a Human Performance and Biomechanics laboratory, a Kinesiology laboratory, an Athletic Training laboratory, a computer lab, Main Gymnasium, and Baun Fitness Center.

General Service (Activity) Classes
A variety of physical activity classes are available for all interested University students who wish to acquire new motor skills, maintain an exercise routine and continue or start a fitness program. These classes focus on the "how" and "why" of various activities. These classes are worth one unit, and students can enroll on a voluntary basis. Examples are swimming for health, bowling, running for health, volleyball, badminton, tennis, golf, basketball, weight training, kick boxing, karate, yoga, aikido, kung fu, tae-kwon do, and self-defense for women.

Students on the Stockton campus can apply a combined total of eight units of ACTY 001-ACTY 049 – Activities, ACTY 050-ACTY 099 - Intercollegiate Sports and THEA 005A - THEA 005P in the Theatre Arts Department toward graduation. Up to 8 units of activity and intercollegiate sports classes may count toward the COP breadth requirement.

All activity classes are evaluated on the pass/no credit basis.

Health and Exercise Science
1. Meet all requirements to enter graduate programs in medicine or allied health sciences, particularly physical therapy, occupational therapy, and physician assistant programs.
2. Apply fundamental concepts of exercise biology to fulfilling health-related goals of a physical training program
3. Use concepts, language, and major theories of exercise physiology to describe acute responses to exercise and chronic adaptations to exercise training
4. Become reflective pre-professionals that are knowledgeable consumers of exercise science research in order to prescribe evidence-based exercise programs and be familiar with common measurement techniques and equipment in exercise science.
5. Develop the skills necessary to plan, implement, and evaluate effective and individualized exercise- or health-related exercise programs.
6. Demonstrate effective written and oral communication skills appropriate for success and advancement in the fields of health and exercise sciences.

Sport Management
1. Posses and apply management concepts in a manner that acknowledges the unique demands and applications of such information in sport settings
2. Understand the process of researching information and develop the ability to integrate research into the decision-making processes
3. Display a professional perspective in the field of sport management
4. Maintain expertise in the fundamental management skills of writing, public speaking, interpersonal communication, critical thinking, decision making, and strategic planning.
5. Demonstrate the ability to interact in a global and diverse sport environment
6. Display competency with the use of technology across the various aspects of sport management.

**PE, Coaching & Fitness**
1. Identify, apply and evaluate discipline-specific scientific and theoretical concepts critical to the development of physically educated individuals
2. Create and implement developmentally appropriate learning experiences aligned with local, state and national standards to address the diverse needs of all students
3. Apply and evaluate effective communication and pedagogical skills and strategies to enhance student engagement and learning
4. Demonstrate mastery of current technologies to enhance student engagement and learning
5. Utilize assessments and reflection to foster student learning and inform instructional decisions
6. Demonstrate dispositions essential to becoming effective professionals
7. Demonstrate the knowledge and skills necessary for competent movement performance and health-enhancing fitness as delineated in the NASPE K-12 standards.

### Bachelor of Science in Health and Exercise Science

The Bachelor of Science degree in health and exercise science prepares students for careers and/or graduate study in areas such as medicine, physical therapy, occupational therapy, health sciences, nutrition and exercise physiology. The program is science based and human oriented. The study of human movement comprises understanding of the musculoskeletal, cardiovascular, respiratory, endocrine, immune and metabolic systems. Foundational sciences as well as exercise physiology, kinesiology and clinical opportunities provide the underpinning of the program. The majority of the major classes involve experiential laboratory components to illustrate and encourage the application of theoretical concepts. Opportunities for taking specialty elective classes are available to tailor the undergraduate major for specific graduate interests.

Students must complete a minimum of 120 units with a Pacific cumulative and major/program grade point average of 2.0 in order to earn the Bachelor of Science degree with a major in Health and Exercise Science.

### I. General Education Requirements
Minimum 42 units and 12 courses that include:
- **PACS 001** What is a Good Society 4
- **PACS 002** Topical Seminar on a Good Society 4
- **PACS 003** What is an Ethical Life? 3

*Note: 1) Pacific Seminars cannot be taken for Pass/No Credit. 2) Transfer students with 28 or more transfer units complete 2 additional General Education elective courses from below in place of taking PACS 001 and PACS 002.*

One course from each subdivision below:

**Social and Behavioral Sciences**
- IA. Individual and Interpersonal Behavior
- IB. U.S. Studies
- IC. Global Studies

**Arts and Humanities**
- IIA. Language and Literature
- IIB. Worldviews and Ethics
- IIC. Visual and Performing Arts

**Natural Sciences and Mathematics**
- IIA. Natural Sciences
- IIB. Mathematics and Formal Logic
- IIC. Science, Technology and Society

*or a second IIA Natural Sciences course

*Note: 1) No more than 2 courses from a single discipline may be applied to meet the requirements of the general education program.*

### II. Diversity Requirement
Students must complete one diversity course (3-4 units)

*Note: 1) Transfer students with 28 units of more transfer units prior to fall 2011 are encouraged but not required to complete a designated course prior to graduation. 2) Courses may be used also to meet general education and/or major/minor requirements.*

### III. Fundamental Skills
Students must demonstrate competence in:

- Writing
- Quantitative analysis

### IV. Breadth Requirement
Students must complete 60 units outside the primary discipline of the first major, regardless of the department who offers the course(s) in that discipline. (Courses include general education courses, transfer courses, CPCE/EXTN units, internships, etc.).

### V. Major Requirements
Minimum 76 units that include:
- **HESP 129** Exercise Physiology 4
- **HESP 133** Kinesiology 4
- **HESP 135** Exercise Metabolism 4
- **HESP 147** Muscle Physiology 4
- **HESP 157** The Clinician in Health and Exercise Science 4
- **HESP 177** Cardiovascular Physiology 4
- **HESP 180** Epidemiology 4
- **HESP 187** Internship in Health and Exercise Science 4
- **BIOL 051** Principles of Biology 5
- **BIOL 061** Principles of Biology 5
- **BIOL 071** Human Anatomy 5
- **BIOL 081** Human Physiology 5
- **CHEM 025** General Chemistry 5
- **CHEM 027** General Chemistry 5
- **PHYS 023** General Physics I 5
- **PHYS 025** General Physics II 5
- **Three HESP Electives** 9-12

* Excludes: HESP 023 and HESP 025.
Bachelor of Arts Major in Health, Exercise, and Sport Sciences Concentration in Health and Exercise Science

The Health and Exercise Science concentration is scientifically based and human oriented. It prepares students for careers and/or further graduate study in health and fitness related areas such as medicine, physical therapy, occupational therapy, nutrition and exercise/work physiology. A primary goal of this concentration is to provide a scholarly environment in classes and laboratories that supports and encourages the application of theoretical concepts. Students study and apply principles relevant to the rehabilitation and enhancement of human performance.

In addition to completing the Health, Exercise and Sport Sciences, Health and Exercise Science students must successfully complete a series of courses within the department and courses drawn from the life and physical sciences.

Students must complete a minimum of 120 units with a Pacific cumulative and major/program grade point average of 2.0 in order to earn the bachelor of arts degree with a major in health, exercise and sport sciences with a concentration in health and exercise science.

I. General Education Requirements

Minimum 42 units and 12 courses that include:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PACS 001</td>
<td>What is a Good Society</td>
<td>4</td>
</tr>
<tr>
<td>PACS 002</td>
<td>Topical Seminar on a Good Society</td>
<td>4</td>
</tr>
<tr>
<td>PACS 003</td>
<td>What is an Ethical Life?</td>
<td>3</td>
</tr>
</tbody>
</table>

*Note: 1) Pacific Seminars cannot be taken for Pass/No Credit. 2) Transfer students with 28 or more transfer units complete 2 additional General Education elective courses from below in place of taking PACS 001 and PACS 002.*

One course from each subdivision below:

Social and Behavioral Sciences

IA. Individual and Interpersonal Behavior
IB. U.S. Studies
IC. Global Studies

Arts and Humanities

IIA. Language and Literature
IIB. Worldviews and Ethics
IIC. Visual and Performing Arts

Natural Sciences and Mathematics

IIIA. Natural Sciences
IIIB. Mathematics and Formal Logic
IIIC. Science, Technology and Society

*Note: 1) No more than 2 courses from a single discipline may be applied to meet the requirements of the general education program.*

II. Diversity Requirement

Students must complete one diversity course (3-4 units)

*Note: 1) Transfer students with 28 units or more transfer units prior to fall 2011 are encouraged but not required to complete a designated course prior to graduation. 2) Courses may be used also to meet general education and/or major/minor requirements.*

III. College of the Pacific BA Requirement

Students must complete one year of college instruction or equivalent training in a language other than English.

*Note: 1) Transfer students with sophomore standing are exempt from this requirement.*

IV. Fundamental Skills

Students must demonstrate competence in:

- Writing
- Quantitative analysis

V. Breadth Requirement

Students must complete 60 units outside the primary discipline of the first major, regardless of the department who offers the course(s) in that discipline. (Courses include general education courses, transfer courses, CPCE/EXTN units, internships, etc.)

VI. Major Requirements:

Minimum 60 units that include:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESP 129</td>
<td>Exercise Physiology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 133</td>
<td>Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 157</td>
<td>The Clinician in Health and Exercise Science</td>
<td>4</td>
</tr>
<tr>
<td>HESP 180</td>
<td>Epidemiology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 187</td>
<td>Internship in Health and Exercise Science</td>
<td>4</td>
</tr>
<tr>
<td>BIOL 051</td>
<td>Principles of Biology</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 061</td>
<td>Principles of Biology</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 071</td>
<td>Human Anatomy</td>
<td>5</td>
</tr>
<tr>
<td>BIOL 081</td>
<td>Human Physiology</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 025</td>
<td>General Chemistry</td>
<td>5</td>
</tr>
<tr>
<td>CHEM 027</td>
<td>General Chemistry</td>
<td>5</td>
</tr>
<tr>
<td>HESP Electives (Five additional courses excluding HESP 023, 025, 027)</td>
<td>12-16</td>
<td></td>
</tr>
</tbody>
</table>

Career Options for Health and Exercise Science

Employment opportunities following completion of the health and exercise science concentration include cardiac and pulmonary rehabilitation, cardiac disease prevention-rehabilitation, work toward advanced degrees in allied health sciences such as physician assistant, nursing, physical therapy, occupational therapy and medicine or sports medicine. Health and Exercise Science is in part a self-contained program as curricular support for Pacific’s Physical Therapy Graduate program.

Pre-Physical Therapy (Optional)

Students in the Health and Exercise Science concentration who are interested in pursuing graduate studies in Physical Therapy are advised to complete the following courses:

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>MATH 035</td>
<td>Elementary Statistical Inference (or similar course)</td>
<td>4</td>
</tr>
<tr>
<td>PHYS 023</td>
<td>General Physics I</td>
<td>5</td>
</tr>
<tr>
<td>PHYS 025</td>
<td>General Physics II</td>
<td>5</td>
</tr>
<tr>
<td>PSYC 017</td>
<td>Abnormal and Clinical Psychology</td>
<td>4</td>
</tr>
<tr>
<td>PSYC 031</td>
<td>Introduction to Psychology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 061</td>
<td>Medical Terminology</td>
<td>4</td>
</tr>
</tbody>
</table>

Students are strongly advised to check with individual graduate programs for specific requirements.
Bachelor of Arts Major in Health, Exercise, and Sport Sciences Concentration in Physical Education, Coaching, and Fitness

The Physical Education, Coaching, and Fitness concentration provides an opportunity to study human movement and human performance to facilitate the coaching and teaching of physical education, physical activity, fitness and sports. Through intensive academic courses and fieldwork experiences, students will develop into effective practitioners within their respective fields by employing best practice principles and reflective practices. In addition to successfully completing the Sport Science core, the Physical Education, Coaching and Fitness student must complete a series of courses that culminate with options to qualify for a teaching credential, coaching certifications or advanced study.

Students must complete a minimum of 120 units with a Pacific cumulative and major/program grade point average of 2.0 in order to earn the bachelor of arts degree with a major in health, exercise and sport sciences with a concentration in physical education, coaching, and fitness.

I. General Education Requirements

Minimum 42 units and 12 courses that include:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>PACS 001</td>
<td>What is a Good Society</td>
<td>4</td>
</tr>
<tr>
<td>PACS 002</td>
<td>Topical Seminar on a Good Society</td>
<td>4</td>
</tr>
<tr>
<td>PACS 003</td>
<td>What is an Ethical Life?</td>
<td>3</td>
</tr>
</tbody>
</table>

Note: 1) Pacific Seminars cannot be taken for Pass/No Credit. 2) Transfer students with 28 or more transfer units complete 2 additional General Education elective courses from below in place of taking PACS 001 and PACS 002.

One course from each subdivision below:

Social and Behavioral Sciences
IA. Individual and Interpersonal Behavior
IB. U.S. Studies
IC. Global Studies

Arts and Humanities
IIA. Language and Literature
IIB. Worldviews and Ethics
IIC. Visual and Performing Arts

Natural Sciences and Mathematics
IIIA. Natural Sciences
IIIB. Mathematics and Formal Logic
IIIC. Science, Technology and Society
or a second IIIA Natural Sciences course

Note: 1) No more than 2 courses from a single discipline may be applied to meet the requirements of the general education program.

II. Diversity Requirement
Students must complete one diversity course (3-4 units)

Note: 1) Transfer students with 28 units or more transfer units prior to fall 2011 are encouraged but not required to complete a designated course prior to graduation. 2) Courses may be used also to meet general education and/or major/minor requirements.

III. College of the Pacific BA Requirement
Students must complete one year of college instruction or equivalent training in a language other than English.

Note: 1) Transfer students with sophomore standing are exempt from this requirement.

IV. Fundamental Skills
Students must demonstrate competence in:

Writing
Quantitative analysis

V. Breadth Requirement
Students must complete 60 units outside the primary discipline of the first major, regardless of the department who offers the course(s) in that discipline. (Courses include general education courses, transfer courses, CPCE/EXTN units, internships, etc.)

VI. Major Core Requirements
Minimum 37 units that include:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>BIOL 011</td>
<td>Human Anatomy and Physiology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 129</td>
<td>Exercise Physiology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 131</td>
<td>Assessment and Evaluation</td>
<td>4</td>
</tr>
<tr>
<td>HESP 133</td>
<td>Kinesiology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 141</td>
<td>Sport, Culture and U.S. Society</td>
<td>4</td>
</tr>
<tr>
<td>HESP 153</td>
<td>Adapted Physical Education and Sport</td>
<td>4</td>
</tr>
<tr>
<td>HESP 155</td>
<td>Motor Development and Learning</td>
<td>3</td>
</tr>
<tr>
<td>HESP 161</td>
<td>Biomechanics of Human Movement</td>
<td>4</td>
</tr>
<tr>
<td>HESP 187D</td>
<td>Sport Pedagogy Internship I</td>
<td>2</td>
</tr>
<tr>
<td>HESP 187E</td>
<td>Sport Pedagogy Internship II</td>
<td>4</td>
</tr>
</tbody>
</table>

VII. Emphasis
Select one emphasis below:

Physical Education Teacher Education Emphasis
Minimum 46 units

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
</tr>
</thead>
<tbody>
<tr>
<td>HESP 120</td>
<td>Instructional Strategies and Methods of Teaching</td>
<td>4</td>
</tr>
<tr>
<td></td>
<td>and Coaching</td>
<td></td>
</tr>
<tr>
<td>HESP 121</td>
<td>Analysis of Team and Individual Sports</td>
<td>3</td>
</tr>
<tr>
<td>HESP 123</td>
<td>Analysis of Nontraditional Games and Sports</td>
<td>3</td>
</tr>
<tr>
<td>HESP 139</td>
<td>Exercise Psychology</td>
<td>4</td>
</tr>
<tr>
<td>HESP 151</td>
<td>Elementary Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>HESP 152</td>
<td>Secondary Physical Education</td>
<td>4</td>
</tr>
<tr>
<td>HESP 159</td>
<td>Health Optimizing Physical Education</td>
<td>3</td>
</tr>
<tr>
<td>EDUC 130</td>
<td>Technology Enhanced Learning Environments</td>
<td>2</td>
</tr>
<tr>
<td>EDUC 140</td>
<td>Transformational Teaching and Learning</td>
<td>4</td>
</tr>
<tr>
<td>EDUC 156</td>
<td>Content and Disciplinary Literacy Development in</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td>Secondary Schools</td>
<td></td>
</tr>
<tr>
<td>EDUC 166</td>
<td>Teaching English Learners, Single Subject</td>
<td>3</td>
</tr>
<tr>
<td>PHIL 127</td>
<td>Philosophy of Sport</td>
<td>4</td>
</tr>
<tr>
<td>POLS 041</td>
<td>U.S. Government and Politics</td>
<td>4</td>
</tr>
</tbody>
</table>

Select two of the following:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
</tr>
</thead>
<tbody>
<tr>
<td>ACTY 003</td>
<td>Aikido</td>
</tr>
<tr>
<td>ACTY 009</td>
<td>Kung Fu</td>
</tr>
<tr>
<td>ACTY 010</td>
<td>Karate</td>
</tr>
<tr>
<td>ACTY 011</td>
<td>Kick Box</td>
</tr>
</tbody>
</table>
The Sport Management Concentration is designed to develop an understanding of sport and fitness from a managerial perspective. Through a unique combination of specialized courses within the Department of Health, Exercise and Sport Sciences and courses from related disciplines, students gain insights into both the theoretical and applied aspects of managing sport or fitness enterprises.

In addition to completing the Health, Exercise, and Sport Sciences Core, Sport Management students must successfully complete a series of courses within the department and adjunct courses from liberal studies, business and computer science. Special attention is given to the behavioral dimensions of sport management and organizational skills, economic and business concerns, and legal and ethical issues in sport.

Degree requirements also include completion of two separate internship experiences in selected sport or fitness settings. These include, but are not restricted to, professional sports, intercollegiate sports, campus sports/intramurals, amateur sports, community recreation, private sport clubs, corporate fitness, hotel fitness and resorts, sport retailing/merchandising, and international sport organizations.

Students must complete a minimum of 120 units with a Pacific cumulative and major/program grade point average of 2.0 in order to earn the bachelor of arts degree with a major in health, exercise and sport sciences with a concentration in sport management.

### I. General Education Requirements

Minimum 42 units and 12 courses that include:

<table>
<thead>
<tr>
<th>Course</th>
<th>Title</th>
<th>Units</th>
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</thead>
<tbody>
<tr>
<td>PACS 001</td>
<td>What is a Good Society</td>
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<tr>
<td>PACS 002</td>
<td>Topical Seminar on a Good Society</td>
<td>4</td>
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<tr>
<td>PACS 003</td>
<td>What is an Ethical Life?</td>
<td>3</td>
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</table>

Note: 1) Pacific Seminars cannot be taken for Pass/No Credit. 2) Transfer students with 28 or more transfer units complete 2 additional General Education elective courses from below in place of taking PACS 001 and PACS 002.

One course from each subdivision below:

#### Social and Behavioral Sciences

- IA. Individual and Interpersonal Behavior
- IB. U.S. Studies
- IC. Global Studies

#### Arts and Humanities

- IIA. Language and Literature
- IIB. Worldviews and Ethics
- IIC. Visual and Performing Arts

#### Natural Sciences and Mathematics

- IIIA. Natural Sciences
- IIIB. Mathematics and Formal Logic
- IIIC. Science, Technology and Society

or a second IIIA Natural Sciences course

Note: 1) No more than 2 courses from a single discipline may be applied to meet the requirements of the general education program.

### II. Diversity Requirement

Students must complete one diversity course (3-4 units)

Note: 1) Transfer students with 28 units or more transfer units prior to fall 2011 are encouraged but not required to complete a designated course prior to graduation. 2) Courses may be used also to meet general education and/or major/minor requirements.
III. College of the Pacific BA Requirement
Students must complete one year of college instruction or equivalent training in a language other than English.

Note: 1) Transfer students with sophomore standing are exempt from this requirement.

IV. Fundamental Skills
Students must demonstrate competence in:

- Writing
- Quantitative analysis

V. Breadth Requirement
Students must complete 60 units outside the primary discipline of the first major, regardless of the department who offers the course(s) in that discipline. (Courses include general education courses, transfer courses, CPCE/EXTN units, internships, etc.)

VI. Major Requirements:
Minimum 61 units that include:

- HESP 101 Sport Data and Analytics 4
- HESP 139 Exercise Psychology 4
- HESP 141 Sport, Culture and U.S. Society 4
- HESP 142 Sport and Globalization 3
- HESP 165 Legal Aspects of Health, Exercise and Sport 4
- HESP 167 Introduction to Sport Management 4
- HESP 169 Managing Sport Enterprises 4
- HESP 171 Sport Economics and Finance 4
- HESP 174 Sport Marketing and Promotions 4
- HESP 175 Sport Event and Facility Management 4
- HESP 176 Sport Management Capstone 4
- HESP 187A Internship: Sport Management 2
- BUSI 031 Principles of Financial Accounting 4
- BUSI 107 Marketing Management 4
- COMP 025 Computers and Information Processing 4
- ECON 053 Introductory Microeconomics 4

Select one of the following: 3

- COMM 027 Public Speaking
- COMM 043 Introduction to Interpersonal Communication

Career Options for Sport Management
Employment opportunities following completion of the sport management concentration include, but are not limited to, marketing, sales, management, hospitality, law, sponsorship, community relations, athlete representation, tourism, facility management and public relations. These specialized areas can be found in amateur and professional sport, corporations, community recreation centers, resorts, health and fitness centers, intercollegiate sport, casinos, stadiums and arenas.

The concentration also prepares students for graduate study in business, communications, sport management, and law.

Minor in Health, Exercise, and Sport Sciences
The minor in health, exercise, and sport sciences provides students outside the major with opportunity to gain detailed exposure to one specific sub-discipline of the field. The minor is intended to complement a student’s major course of study, but does not provide the depth of the major curriculum. To earn a minor in health, exercise, and sport sciences, students must complete a minimum of 20 units and 5 courses with a Pacific minor grade point average of 2.0.

Minor Requirements
1. Under the supervision of an advisor, students must select 5 or more complimentary courses that corresponds to one of the following content areas of Health, Exercise, and Sport Sciences: Exercise Physiology, Sport Management, Sport Pedagogy, Heath & Exercise Science, Strength & Conditioning.

2. The unit total for all courses must meet or exceed 20 units.

3. Lower division courses (i.e., courses below the 100 level) may not count toward the minor.
### Activity Courses

ACTY 001. Dance Team. 1 Unit.
ACTY 002. Aerobics. 1 Unit.
ACTY 003. Aikido. 1 Unit.
ACTY 004. Badminton. 1 Unit.
ACTY 005. Bowling. 1 Unit.
ACTY 006. Cheerleading. 1 Unit.
ACTY 007. Golf. 1 Unit.
ACTY 008. Ice Skating. 1 Unit.
ACTY 009. Kung Fu. 1 Unit.
ACTY 010. Karate. 1 Unit.
ACTY 011. Kick Box. 1 Unit.
ACTY 012. Running for Health. 1 Unit.
ACTY 013. Scuba. 1 Unit.
ACTY 014. Advanced Scuba. 1 Unit.
ACTY 015. Spirit Squad. 1 Unit.
ACTY 016. Strength Training. 1 Unit.
ACTY 017. Swimming for Health. 1 Unit.
ACTY 018. Tennis. 1 Unit.
ACTY 019. Volleyball. 1 Unit.
ACTY 020. Filipino Martial Arts/Self-Def. 1 Unit.
ACTY 021. Weight Training. 1 Unit.
ACTY 022. Yoga. 1 Unit.
ACTY 023. Self-Defense for Women. 1 Unit.
ACTY 024. Basketball. 1 Unit.
ACTY 025. Tae-Kwon Do. 1 Unit.
ACTY 050. Baseball, Intercollegiate. 1 Unit.
ACTY 051. Basketball, Men's Intercollegiate. 1 Unit.
ACTY 052. Football, Intercollegiate. 1 Unit.
ACTY 053. Swimming, Men's Intercollegiate. 1 Unit.
ACTY 054. Tennis, Men's Intercollegiate. 1 Unit.
ACTY 055. Volleyball, Men's Intercollegiate. 1 Unit.
ACTY 056. Water Polo, Men's Intercollegiate. 1 Unit.
ACTY 057. Basketball, Women's Intercollegiate. 1 Unit.
ACTY 058. Cross Country, Women's Intercollegiate. 1 Unit.
ACTY 059. Field Hockey, Women's Intercollegiate. 1 Unit.
ACTY 060. Soccer, Women's Intercollegiate. 1 Unit.
ACTY 061. Tennis, Women's Intercollegiate. 1 Unit.
ACTY 062. Volleyball, Women's Intercollegiate. 1 Unit.
ACTY 063. Golf, Intercollegiate. 1 Unit.
ACTY 064. Softball, Intercollegiate. 1 Unit.
ACTY 065. Water Polo, Women's Intercollegiate. 1 Unit.
ACTY 066. Swimming, Women's Intercollegiate. 1 Unit.
ACTY 067. Soccer, Men's Intercollegiate. 1 Unit.
ACTY 068. Sand Volleyball, Women's Intercollegiate. 1 Unit.
ACTY 069. Track and Field, Women's Intercollegiate. 1 Unit.

### Health, Exercise and Sport Sciences Courses

**HESP 025. Advanced First Aid. 2 Units.**

Advanced First Aid and Emergency Care reviews concepts and theories in Standard First Aid and includes more sophisticated skill development: triage, extrication, traction splinting and water rescue. Includes CPR instruction. Standard First Aid is not a prerequisite although it is recommended that students have some basic first aid knowledge. Lab fee is included.

**HESP 041. Health and Wellness for Life. 4 Units.**

This course presents general principles of health and wellness with a focus on the relationship of exercise and nutrition to cardiovascular health, chronic diseases, body composition, and psycho-social well-being. Students apply course content to their individual circumstances. Each student develops an individualized health plan that addresses physical fitness, nutrition, weight management and stress management. Lab fee is required. (GE3C)

**HESP 043. Health Education for Teachers. 3 Units.**

This course examines objectives from the California Health Education Framework, the health status of youth, at-risk students, components of comprehensive school health education, the role of the teacher in school health services, and special health concerns of today's youth. It is designed to satisfy the Commission for Teacher Credentialing requirement for health education and includes mandated information on nutrition, alcohol, tobacco, and other drugs.

**HESP 045. Nutrition for Health. 4 Units.**

This is a basic introductory nutrition course designed to help students make healthy diet choices. This course includes an examination of the digestion and absorption of nutrients, and an overview of the biochemistry of the macronutrients; carbohydrate, lipid, protein, and water; and micronutrients: vitamins and minerals. The role of nutrients in disease processes such as obesity, cardiovascular disease, and aging as well as diet planning, production of food, and control of energy balance are covered. Students may not receive credit for this course if they take either BIOL 045 or HESP 135. (GE3C)

**HESP 061. Medical Terminology. 4 Units.**

This course provides a foundation in medical terminology for students in allied health curriculums who need to know the language on health care. Students are introduced to the major word parts used in the formation of medical terms which include suffixes, prefixes, and combining forms. Common words associated with the systems of the body are also studied. Instruction takes place online through the Blackboard Learning System. There are no prerequisites for this course.

**HESP 087. Fieldwork. 2-4 Units.**

This course is laboratory work in school and community agencies. The course is open to non-majors by permission of instructor. Grading is Pass/No credit only.

**HESP 089. Practicum. 1 or 2 Unit.**

The practicum offers non-classroom experiences in activities related to Health, Exercise and Sport Sciences, under conditions determined by the appropriate faculty member. HESP 189 represents advanced practicum work involving increased independence and responsibility. Enrollment is limited to eight units maximum of 089/189A, B, C, D, H, J, K offerings and no category within a course may be repeated for credit. A list of specific courses follows.

**HESP 089A. Practicum: Adapted Physical Education. 2 Units.**

Non-classroom experiences in activities related to Sport Medicine, under conditions determined by the appropriate faculty member. HESP 189 represents practicum work involving increased independence and responsibility. Enrollment is limited to six units maximum of HESP 089/189A, B, C, D offerings and no category within a course may be repeated for credit. Grading is Pass/No Credit only.
HESP 089B. Practicum: Athletic Training I. 4 Units.
This clinical education course in the field of athletic training incorporates an experiential learning environment designed to prepare students for a career in athletic training. Basic skills are introduced within the daily operations of the athletic training room and in the care of athletes. Criteria for progression must be met before enrolling in subsequent practicum course. Athletic Training majors or permission of instructor is required.

HESP 089C. Practicum: Biomechanics. 2 Units.
Non-classroom experiences in activities related to Sport Medicine, under conditions determined by the appropriate faculty member. HESP 189 represents practicum work involving increased independence and responsibility. Enrollment is limited to six units maximum of HESP 089/189A, B, C, D offerings and no category within a course may be repeated for credit. Grading is Pass/No Credit only.

HESP 089D. Practicum: Exercise Physiology. 2 Units.
Non-classroom experiences in activities related to sport medicine, under conditions determined by the appropriate faculty member. HESP 189 represents practicum work involving increased independence and responsibility. Enrollment is limited to six units maximum of HESP 089/189A, B, C, D offerings and no category within a course may be repeated for credit. Grading is Pass/No Credit only.

HESP 089H. Practicum: Sports Law. 2 Units.
Non-classroom experiences in activities related to Sport Medicine, under conditions determined by the appropriate faculty member. HESP 189 represents practicum work involving increased independence and responsibility. Enrollment is limited to six units maximum of HESP 089/189A, B, C, D offerings and no category within a course may be repeated for credit. Grading is Pass/No Credit only.

HESP 089J. Practicum: Kinesiology. 2 Units.
Non-classroom experiences in activities related to Sport Medicine, under conditions determined by the appropriate faculty member. HESP 189 represents practicum work involving increased independence and responsibility. Enrollment is limited to six units maximum of HESP 089/189A, B, C, D offerings and no category within a course may be repeated for credit. Grading is Pass/No Credit only.

HESP 101. Sport Data and Analytics. 4 Units.
Sport analytics refers to the use of data and quantitative methods to measure performance and make decisions to gain advantage in the sport industry. This course aims to explore recent trends in sport analytics from a practical point of view, offering students the skills and ideas to create analytics of potential value to sport organizations. The course content will cover topics such as data management, statistic data analysis, modeling, and decision making in various sport settings.

HESP 101. Sport Data and Analytics. 4 Units.
This course examines legal issues and responsibilities relevant to health and exercise science professionals. This course is divided into two parts. Part I introduces basic concepts of the legal system and reviews general legal principles of tort and contract law. Part II focuses upon specific topics to which legal principles and risk management strategies apply. This course is taught combining lecture, class discussions, and experientially based assignments designed to develop the ability to practically apply circumstance to the law and risk management planning. In-class oral arguments using relevant case law, review of local facilities and programs, and legal observations in San Joaquin County courtrooms will supplement course content and offer students “hands on” learning opportunities.

HESP 120. Instructional Strategies and Methods of Teaching and Coaching. 4 Units.
This course is designed for the future physical educator or coach to deliver an effective, meaningful physical education curriculum to a diverse population of students. Emphasis is on physical education pedagogy; the skills and techniques that successful teachers use to ensure student learning. Students engage in guided teaching and systematic observation experiences at the primary and secondary school levels in an effort to introduce them to effective teaching and coaching behaviors.

HESP 121. Analysis of Team and Individual Sports. 3 Units.
This is an applied motor learning approach to skill acquisition for team and individual sports. In addition to personal skill development, students learn to prepare the introduction, explanation and demonstration of sports skills; develop and maintain skill levels through practice and reinforcement; analyze movement by systematically observing performance; utilize biomechanical concepts to analyze, correct and enhance performance and cognitive processes to improve performance. Ten to 15 different team and individual sports are presented and instruction time per sport varies. Lab fee required.
HESP 135. Exercise Metabolism. 4 Units.
This course provides a thorough study of the principles of nutrition as they relate to health of individuals who participate in sports or physical activity. Topics include calculating energy balance and the role of carbohydrates, lipid, protein, vitamins, minerals and water in sports performance. The application of these topics for optimal metabolic functioning to a variety of physical activities is also presented. Prerequisites: HESP 129, BIOL 011 or BIOL 061.

HESP 137. Psycho-Social Aspects of Health Care. 4 Units.
Students study comprehensive, integrated coverage of psychosocial topics in healthcare involving clients, families, and other caregivers affected by pathology, impairment, functional limitations, and/or disability. This course will have a broad coverage of topics in healthcare including multicultural issues, spirituality, chronic condition, abuse/neglect, and PTSD. Emphasis will be placed on current, evidence-based literature, connecting theory to practice.

HESP 139. Exercise Psychology. 4 Units.
This course employs the theories and methods of psychology to examine the related fields of competitive sports, fitness, exercise, and rehabilitation from injury. Major questions addressed in the course include: How do psychological factors influence participation in physical activity and performance of the individual? How does participation in physical activity or incapacity due to an injury affect the psychological make-up of the individual? These questions are explored from educational, coaching, research, and clinical perspectives.

HESP 141. Sport, Culture and U.S. Society. 4 Units.
This course is designed to explore the relationship between sport, culture and society in both the USA and the broader global world. Students learn to critically examine a wide range of topics that include, but not limited to, sport and gender, sport and race, global sport worlds, drugs and violence in sport, sport and politics and the crime-sport nexus. The intention of this course is to develop the student's sociological imagination and encourage the student to think critically about the role sport plays in the development of societies, ideologies and everyday life. (DVSY, ETHC, GE1B, GEND)

HESP 142. Sport and Globalization. 3 Units.
This course examines the interaction between sport and globalization. Globalization and its underlying forces are explored as well as the manner in which sport and these global forces interact. The course then explores the structure, governance, and politics of global sport. Special attention is given to the processes that facilitate and impede globalization and the role sport plays in both. The course also extensively covers the consequences resulting from the reciprocal relationship between sport and globalization.

HESP 143. Prevention and Acute Care of Injury and Illness. 4 Units.
This course provides an overview of the field of Athletic Training, its organization, and the responsibilities of a Certified Athletic Trainer (AT) as part of the sports medicine team. Instruction emphasizes prevention, recognition, and immediate care of injuries and illnesses associated with physical activity. This course is recommended for freshmen.

HESP 145. Therapeutic Modalities. 4 Units.
This course is a lecture and laboratory experience designed to expose the student to the theory, principles, techniques and application of therapeutic modalities pertaining to the treatment of athletic or activity related injuries. Topics include discussions of the physiological effects, indications, contra indications, dosage and maintenance of each modality. Recommended: BIOL 081. Lab fee is required. Junior standing.

HESP 146. Health, Disease, and Pharmacology. 4 Units.
This course is an in-depth exploration of physical, mental, and social health with specific emphasis on recognizing the signs, symptoms, and predisposing conditions associated with the progression of specific illnesses and diseases as they relate to the physically active individual. Students also develop an awareness of the indications, contraindications, precautions, and interactions of medications used to treat those illnesses and diseases.

HESP 147. Muscle Physiology. 4 Units.
This course is focused on skeletal muscle physiology. Topics include the structure and function of muscle tissue, protein synthesis, cell signaling cascades, the specificity of adaptation, enzymes and their roles in metabolism, endocrine function, anabolic steroids, muscle damage, inflammatory physiology, neuromuscular principles (e.g., size principle), and the mechanisms of muscle fatigue. Laboratory assignments focus on skeletal muscle testing and evaluation. Prerequisite: HESP 129 and upper-division class standing. Lab fee required.

HESP 149. Clinical Evaluation and Diagnosis I. 3 Units.
This course presents an in-depth study of musculoskeletal assessment of the lower extremity, thoracic and lumbar spine for the purpose of identifying (a) common acquired or congenital risk factors that would predispose an individual to injury and/or (b) musculoskeletal injury common to athletics or physical activity. Students receive instruction in obtaining a medical history, performing a visual observation, palpating bones and soft tissues, and performing appropriate special tests for injuries and conditions of the foot, ankle, lower leg, knee, thigh, hip, pelvis, lumbar and thoracic spine. This course is directed toward students who pursue athletic training and/or physical therapy professions. Prerequisite: HESP 133 or BIOL 071, and a lab fee is required.

HESP 150. Clinical Evaluation and Diagnosis II. 3 Units.
This course presents an in-depth study of musculoskeletal assessment of the upper extremity, cervical spine, head and face for the purpose of identifying (a) common acquired or congenital risk factors that would predispose an individual to injury and/or (b) musculoskeletal injury common to athletics or physical activity. Students receive instruction in obtaining a medical history, performing a visual observation, palpating bones and soft tissues, and performing appropriate special tests for injuries and conditions of the shoulder, upper arm, elbow, forearm, wrist, hand, fingers, thumb, cervical spine, head, and face. This course is directed toward students who pursue athletic training and/or physical therapy professions. Prerequisites: HESP 149; HESP 133 or BIOL 071. Lab fee is required.

HESP 151. Elementary Physical Education. 3 Units.
This course is designed to prepare students for employment in an elementary school setting and provide them with the tools necessary to formulate and implement a comprehensive elementary PE experience for all students. Participants learn a wide range of teaching skills that facilitate the ability to create a quality active learning environment in elementary PE. Students explore effective teaching and assessment strategies, classroom management skills, the use of constructive feedback, the negotiation of diverse classrooms and the development of appropriate student learning outcomes. Students also are introduced to the subject matter of elementary PE and will undertake several teaching episodes. This course encourages students to engage in reflective teaching practices, develop physically educated young people, maximize student involvement and enjoyment in PE and integrate core curriculum subject matter into PE lessons.
HESP 152. Secondary Physical Education. 4 Units.
This course is designed for junior/senior level students in the Sport Sciences/Sport Pedagogy concentration to deliver an effective, meaningful physical education curriculum to diverse students. This course covers curriculum components that include content, content organization, distinctive curriculum models and aspects of curriculum application. Students learn how to sustain a positive learning experience, conceive and plan meaningful curricula for school based instruction, and link the school program to opportunities for adolescents outside of school. Prerequisites: HESP 121, HESP 123, HESP 151.

HESP 153. Adapted Physical Education and Sport. 4 Units.
This course is designed to provide students with the theoretical and practical tools necessary to teach Physical Education (PE) and Sport across diverse settings. Students learn a wide range of teaching skills that facilitate their ability to create an inclusive learning environment in PE and Sport. Students explore a variety of adapted motor skills activities, federal/state legislative mandates and related policies, effective pedagogical and assessment strategies, classroom management skills, the use of constructive feedback and the development of appropriate student learning outcomes within diverse classrooms. Students undertake a number of peer-to-peer teaching episodes and apply principles learned in the classroom setting to real-world contexts. The course also encourages the students to engage in reflective teaching practices, develop inclusive motor skill instruction lessons sensitive to diversity issues and maximize student involvement and enjoyment in PE and Sport. Fieldwork requires clearance for local school districts (clear LiveScan fingerprint screening and negative TB test results). (D Sylv)

HESP 155. Motor Development and Learning. 3 Units.
This course examines aspects of skilled performance and motor learning from a developmental perspective. It is concerned with the major principles of human performance and skill learning, the progressive development of a conceptual model of human actions and the development of skill through training and practice. Topics include human information processing, decision-making and movement planning, perceptual processes relevant to human movement, production of movement skills, measurement of learning, practice design, preparation, organization, and scheduling.; use of feedback, in addition to the application of motor learning principles to sport, physical education, industrial and physical therapy settings. Fieldwork requires clearance for local school districts (clear LiveScan fingerprint screening and negative TB test results).

HESP 157. The Clinician in Health and Exercise Science. 4 Units.
This course integrates theory and practice and requires students to develop a research topic, consistent with an explicitly and narrowly defined area of interest. Permission of the instructor is required.

HESP 159. Health Optimizing Physical Education. 3 Units.
This course introduces prospective physical education teachers to the principles and components of health-related fitness, appropriate curriculum for K-12 programming, comprehensive school and community-based physical activity planning, effective teaching principles, behavior change strategies, and advocacy approaches of physical activity and fitness. Prerequisites: HESP 131 and HESP 151.

HESP 160. Principles of Coaching. 3 Units.
This course is designed as an introduction to the principles of athletic coaching for modern day athletes. Emphasis is on a holistic approach to the theories, knowledge, and practices of coaching sport as prescribed by the National Standards for Sport Coaches. This course will explore coaching at various levels. Topics will include developing a coaching philosophy, evaluating theories in student-athlete motivation, understanding team dynamics, leadership, administration responsibilities, and improving player performance.

HESP 161. Biomechanics of Human Movement. 4 Units.
This course is an introduction to the biomechanics of human movement and the analytic procedures and techniques for subsequent application in the sport sciences and related fields. The course includes a review of basic functional/mechanical human anatomy and kinesiology. Outcome objectives are an understanding of mechanical principles governing human movement, skill in use of a variety of measurement techniques commonly applied in biomechanics, an ability to analyze motor skill performance via cinematographic/ computer methodologies and skill in prescriptively communicating results of analysis. Prerequisite: BIOL 011 or BIOL 051 or BIOL 061 or permission of instructor, and a lab fee is required.

HESP 163. Therapeutic Exercise and Rehabilitation. 4 Units.
This course is an application of the theory and principles associated with therapeutic exercise and the application of various rehabilitation techniques and procedures during the course of an athlete's rehabilitation to attain normal range of motion, strength, flexibility, and endurance. Prerequisite: BIOL 071; HESP 133 or permission of instructor, and a lab fee is required.

HESP 165. Legal Aspects of Health, Exercise and Sport. 4 Units.
This course addresses legal issues and responsibilities relevant to professionals in the areas of health and exercise science, sport management, sport pedagogy and athletics. General legal principles supported by case law in such areas as negligence, contract law, constitutional law, antitrust laws and unlawful discrimination are offered. (PLAW)

HESP 167. Introduction to Sport Management. 4 Units.
This course is for beginning sport management students and students interested in sport business. Students study general academic, managerial, and business concepts related to sport and explore the variety of sport and fitness-related businesses and organizations within the public and private sectors. Potential career opportunities are considered.

HESP 169. Managing Sport Enterprises. 4 Units.
The purpose of this class is to introduce students to management and leadership in the sport industry. The unique attributes and structures of sport organizations will be explained. The course then covers multiple frames of organizational analysis and applies these to sport settings. In addition, students learn managerial and leadership skills and develop a management philosophy suited to the sport industry. Prerequisites: HESP 167 and HESP 187A.

HESP 171. Sport Economics and Finance. 4 Units.
This course is designed to address the respective areas of sport economics, finance, and labor relations. Both theoretical and practical aspects are explored. Students examine sport as a multi-billion dollar industry and analyze the role of sport within the larger socio-economic structure within the United States and internationally. Prerequisites: ECON 053 and BUSI 031. Junior standing.

HESP 172. Case Analysis in Sport and Fitness Management. 4 Units.
This course addresses the principles and practices pertinent to the development and operation of the private and commercial sport or fitness enterprise. The case study method focuses on designing and implementing the prospectus, feasibility studies, and the analysis of organizational effectiveness. Topics of special interest include the planning and controlling of resources, facility operations, and strategies for production and operations management.
HESP 173. Health Care Management and Professional Development. 4 Units.
This course is an in-depth study of the management of health care organizations related to finances, facilities, equipment, organizations structures, medical/insurance records, risk management, human relations, and personnel. Practical and conceptual skills are taught to help students focus on more efficient health care delivery. Also covered is the development of leadership skills, future trends in health care management, guidelines for designing effective work groups and managing conflict.

HESP 174. Sport Marketing and Promotions. 4 Units.
This course focuses on three main aspects of sports marketing. First, students gain the knowledge necessary to market sport products. Second, the course covers the manner in which sport is used as a marketing tool. Finally, students learn about the variety of forms of public relations that are used by sport organizations. In the process, students become familiar with the role of technology in sport marketing and public relations. Sophomore standing.

HESP 175. Sport Event and Facility Management. 4 Units.
This course is a comprehensive investigation into the principles needed to design, implement, and manage all types of sport events and facilities. Planning, logistics, risk management, human resource management, and marketing of events and facilities are given special attention. Opportunities for the application of these principles are also provided. Prerequisites: BUSI 107 and HESP 174. Junior standing.

HESP 176. Sport Management Capstone. 4 Units.
This class is designed as the integrative pinnacle of the sport management curriculum at Pacific. This integration will occur in several ways. Students will assess critical issues in the sport management field drawing on the expertise gained throughout their Pacific educations. They will also complete comprehensive, immersive assignments that assist local underserved sport organizations. Practitioners from multiple sub-disciplines within the field will also complement instruction in the course. Finally, the course will cover practical skills for career preparation, maintenance, and development.

HESP 177. Cardiovascular Physiology. 4 Units.
This course seeks to fulfill two main objectives: 1) to establish a foundational understanding of clinical cardiovascular physiology and 2) to be able to perform and interpret cardiopulmonary exercise tests to examine cardiac, metabolic and respiratory pathology. Prerequisite: HESP 129 and upper division class standing. Lab fee required.

HESP 179. Introduction to Research. 4 Units.
This course covers the rationale for and status of professional research; research designs and their applicability to students’ disciplines, review, critique and synthesis of selected literature; development of research proposal and pretest of instrument.

HESP 180. Epidemiology. 4 Units.
This course is an introduction to the principles and practice of epidemiology. It explores the history, concepts, and methods of epidemiologic investigation. The statistical models taught in this class include the receiver operating characteristic curve, chi-square test, t-test, binary logistic regression, and linear regression. Students will learn to develop research designs that employ these tests and will be able to conduct them to evaluate patient care, quantify risk, and understand the patterns of illness and disease in populations.

HESP 182. Exercise Testing and Prescription. 4 Units.
This course is primarily designed to provide students with the hands-on training and theoretical background to competently assess levels of wellness/fitness in an “apparently healthy” (i.e. low risk) adult population. The topics and skills addressed include health screening protocols/risk stratification, use of Informed Consent documents, as well as measurement protocols for the health-related components of fitness (i.e. cardiorespiratory fitness, muscular fitness, flexibility, body composition). These skills are then used to prescribe lifestyle and/or exercise modifications that result in individual progress toward a desired goal. The content of this course is highly focused toward the knowledge and skills required for taking the ACSM Fitness Specialist (HFS) certification exam. Prerequisite: HESP 147.

HESP 187. Internship in Health and Exercise Science. 4 Units.
This course provides an opportunity for qualifying students to work in an area of Health and Exercise Science that interests them. Prerequisites: HESP 157, GPA 2.0, no grade below “C-” in major, and approval of course supervisor.

HESP 187D. Sport Pedagogy Internship I. 2 Units.
This class involves the student completing a semester-long internship connected to their chosen field of sport pedagogy. This internship develops their evaluation skills and encourage the student to engage in reflexive teaching practices to better prepare themselves for the challenges and terrain of their post-graduation employment. Prerequisite: HESP 131.

HESP 187E. Sport Pedagogy Internship II. 4 Units.
This class involves the student completing a semester-long internship connected to their chosen field of sport pedagogy. This internship develops their evaluation skills and encourage the student to engage in reflexive teaching practices to better prepare themselves for the challenges and terrain of their post-graduation employment. Prerequisite: HESP 187D.

HESP 187F. Internship. 1-4 Units.
HESP 187G. Internship. 1-4 Units.
HESP 189. Practicum: Coaching. 1 or 2 Unit.
The practicum offers non-classroom experiences in activities related to Sports Sciences, under conditions determined by the appropriate faculty member. HESP 189 represents advanced practicum work involving increased independence and responsibility. Enrollment is limited to eight units maximum of HESP 089/189A, B, C, D, H, J, K offerings and no category within a course may be repeated for credit. A list of specific courses follows. Grading option is Pass/No Credit only.

HESP 189A. Practicum: Adapted Physical Education. 2 Units.
These courses provide advanced practicum work in Sport Medicine. See HESP 089 for subcategories and enrollment limitations. Prerequisite: HESP 169 with a “C-” or better.

HESP 189B. Practicum: Athletic Training III. 4 Units.
This is a clinical education course in the field of athletic training. It incorporates an experiential learning environment designed to prepare students for a career in athletic training. Advanced skills are introduced within the daily operations of the athletic training room and in the care of the athletes. Criteria for progression must be met before enrolling in subsequent practicum course. Prerequisite: HESP 089K.

HESP 189C. Practicum: Biomechanics. 2 Units.
These courses provide advanced practicum work in Sport Medicine. See HESP 089 for subcategories and enrollment limitations. Grading option is Pass/No Credit only.
HESP 189D. Practicum: Exercise Physiology. 2 Units.
These courses provide advanced practicum work in Sport Medicine. See HESP 089 for subcategories and enrollment limitations. Grading option is Pass/No Credit only.

HESP 189E. Practicum: Sport Pedagogy. 2 Units.
This course offers a supervised leadership experience in the elementary or secondary school setting. The student works as a physical education specialist and develops as well as conducts appropriate physical activity programs. Prerequisites: HESP 151 or HESP 159 and permission of instructor.

HESP 189F. Practicum: Coaching. 2 Units.
Students are assigned to an intercollegiate or interscholastic sports team for the semester and participate in practice sessions throughout the specific sport season. Written guidelines are developed cooperatively by the supervisor, coach and student. Prerequisites: HESP 139 and HESP 155.

HESP 189G. Practicum: Coaching. 2 Units.
Students will be assigned to an intercollegiate or interscholarship sports team for the semester and will participate in practice sessions throughout the specific sport season. Written guidelines will be developed cooperatively by the supervisor, coach and student.
Prerequisites: HESP 139 and HESP 155.

HESP 189H. Practicum: Sports Law. 2 Units.
These courses provide advanced practicum work in Sport Medicine. See HESP 089 for subcategories and enrollment limitations. Grading option is Pass/No Credit only.

HESP 189I. Practicum: Kinesiology. 2 Units.
These courses provide advanced practicum work in Sport Medicine. See HESP 089 for subcategories and enrollment limitations. Prerequisite: HESP 133 with a "C-" or better. Grading option is Pass/No Credit only.

HESP 189J. Practicum: Athletic Training IV. 4 Units.
This is the fourth in a series of four consecutive clinical education courses in the field of Athletic Training. The course incorporates an experiential learning environment designed to prepare students for a career in Athletic Training. Advanced Athletic Training knowledge and skills will also be introduced within the daily operations of the Athletic Training Facility and your Clinical Assignment and in the care of patients.
Prerequisite: HESP 189B.

HESP 191. Independent Study. 1-4 Units.

HESP 193. Special Topics. 1-4 Units.

HESP 195. Ethical Issues in Sport. 3 Units.
The primary goal of this course is to enhance student awareness regarding their values, their evolving moral and ethical codes, and the ways of addressing moral problems. Students examine various ethical theories and questions encountered in the field of Sport Sciences. As part of this course, students need to identify necessary information from various sub-disciplines in order to make professional and ethical decisions. Senior standing.

HESP 197. Independent Research. 1-4 Units.