

Sports Studies Program **in the** **Kinesiology Department** 2020 - 2021

The Kinesiology Department - KIN

The Kinesiology Department includes five majors: athletic training, exercise science, coaching, sport studies, and fitness development. All five majors lead to a Bachelor of Science (B.S.) degree. **This flyer describes the B.S. degree in Sport Studies.**

Sport Studies

What is Sport Studies? Interesting enough, sport studies is the liberal arts and science approach to studying human movement through the humanities and social science sub disciplines of the field. The humanities sub disciplines include sport history and sport philosophy, and can be expanded to include sport art, sport communication and journalism, sport literature, and sport law. The social science sub disciplines include sport psychology and sport sociology. More specifically, each of these sub disciplines can be described as follows.

Sport History: The study of sport and physical activity and how it developed as a part of American and international culture, as well as the people and events that laid the basis for the current day situation in sport, physical activity and fitness.

Sport Philosophy: The examination of sport and the sporting experience in order to determine the place and meaning of sport in our lives. The sport philosopher is concerned with what is significant about the sport experience.

Sport Psychology: The study of either the effect psychological factors have on performing or learning sport skills or the effect sport participation has on the development of psychological factors, such as confidence, attention, motivation, etc.

Sport Sociology: The examination of the socio-cultural aspects of behavior related to the sport setting; including the behavior of individuals, groups, institutions, or cultures.

Career Opportunities

Many students are initially interested in an undergraduate program in sport studies because they enjoy sport and participating in all types of physical activity. The opportunity to study the socio-cultural and scientific bases of sport is often appealing. In fact, some students may even apply the knowledge they gain in this type of program to their own sport participation or work with athletes in various settings. Students interested in coaching often major in sport studies. Other students who major in sport studies use their undergraduate program as a stepping stone to professional and graduate programs, such as law, journalism, communications, medicine and other health related fields, as well as university or college teaching and research in a variety of sub disciplines (history, philosophy, psychology, sociology, etc.). In addition, a sports studies degree can lead to careers in the corporate and business world, such as a consultant in a private setting, or director of a Boys and Girls Club.

Some Potential Career Options for Students Majoring in Sport Studies

Professional or Graduate School Programs

Law
Medicine or Health-related fields
Media/Communications
Journalism/Writer
History or Philosophy
Psychology or Sociology

Teacher, Researcher and/or Coach

University or College professor/coach
High School/Club coach
US Olympic Training Center
Special Olympics
Health-related areas
YMCA, YWCA, CYO, JCC

Business/Corporate World

TV, Newspapers, Announcing
Sport Wear/Equipment
Sport Law/Agents
Consultant (Sport Psychologist)
Professional Teams
Boys & Girls Club

Contact Information

Department of Kinesiology, Professional Studies Building Room 1164
P.O. Box 2000, SUNY Cortland, Cortland, NY 13045
Phone: 607.753.4300; Fax: 607.753.5596
web address: www.cortland.edu/kinesiology

Major in Sport Studies

*Distribution of Courses	Hours
General Education and Liberal Arts (75 cr hrs)	46
• BIO301: Anatomy and Physiology I	3
• BIO302: Anatomy and Physiology II	3
• CAP100 or EXS 111: Computer Applications	3
• CPN100: Academic Writing I	3
• CPN101: Academic Writing II	3
• CPN 102: Academic Writing in the Comm I	4
• CPN 103: Academic Writing in the Comm II	4
• PSY101: General Psychology	3
• General Education Courses	28
Quantitative Skills Requirement	3
Kinesiology Theory Core	21
• EXS197/100: History/Philosophy of PES	3
• EXS287: Soc-Psych Aspects of Activity	3
• EXS380: Motor Behavior	3
• EXS351: Philosophy of Sport (WI)	3
• EXS387: Biomechanics	3
• EXS397: Exercise Physiology	3
• EXS420: History of Physical Activity and Sport in American Culture	3
Activity Core	5
• PED181: Adventure Activities	1
• PED282: Health-related Physical Fitness	1
• Aquatics Activity Elective	1
• Activity Electives	<u>2</u>
Sport Studies Theory Requirements	21
• EXS367 Exercise Psychology	3
• EXS345: Sport Society	3
• EXS346: Sport Psychology	3
• EXS310: Ethical Issues in Kinesiology	3
• EXS445: Women in Sport	3
• EXS468: African American Sport History	3
• EXS479: Social Critique on Sport	3
Sport Studies Theory Electives	12
EXS350 Aesthetics on Sport	3
EXS352 Masculinity in Sport	3
EXS354 Youth Sport	3
EXS356 Performance Enhancing Drugs in Sport	3
EXS425 History of Intercollegiate Sport (WI)	3
EXS427 Globalization and Sport	3
ENG260 Sport Literature	3
Applied and Professional Experiences	3
EXS480 Field Experience in Sport Studies	3
Free Electives	16
Total Hours Required for Graduation	124
• 75 hours in liberal arts required	

*Sequencing of courses is important. Please see College Catalog for all course prerequisites.

Sport Studies Major Suggested Course Sequence

Fall – 1		Spring – 1	
EXS 100 or EXS 197	3	CPN 101 or 103	3 or 4
BIO 110	4	BIO 111	3
COR 101	1	PSY 101	3
CPN 100 or 102	3 or 4	GE	3
PED 282	1	GE	3
GE	3		
	15-16 cr		15-16cr 30/30
Fall – 2		Spring – 2	
BIO 301	3	BIO 302	3
EXS 380	3	Quantitative Skills	3
CAP 100 or EXS 111	3	EXS 287	3
GE	3	GE	3
GE	3	GE	3
Activity Elec (PED)	1	PED 282	1
	16 cr		16 cr 31/61
Fall – 3		Spring – 3	
EXS 345	3	EXS 420	3
EXS 387	3	EXS 397	3
EXS 367	3	EXS 346	3
EXS Spt Stud Elective	3	EXS Spt Stud Elective	3
PED Activity Elective	1	Activity Elective (PED)	1
GE	3	GE	3
	16 cr		16cr 32/93
Fall – 4		Spring – 4	
EXS 351	3	EXS 468 (Sp)	3
Aquatics elective	1	EXS 310	3
EXS 445 (F)	3	EXS 480 (Sp)	3
EXS 479 (F)	3	EXS Spt Stud Elective	3
EXS Spt Stud Electives	3	Free Electives	3
Free Electives	2		
	15 cr		15 cr 31/124

Exercise Science & Sport Studies Faculty

- Bryant, Tim** MS (Exercise Science) Western Illinois University
Area: Behavioral and Social Science
- Lind, Erik**, PhD (Kinesiology) Iowa State University
Area: Sports Studies
- Lee, Yomee** Ph.D. (Cultural Studies) Ohio State University
Area: Cultural Studies, Sport Sociology
- Newhall, Kristine**, PhD. (Women's Studies) University of Iowa
Area: Sports Studies
- Polasek, Katherine**, PhD (Kinesiology) Temple University
Area: Sport and Exercise Psychology
- Rayl, Susan** Ph.D. (Sport History) Pennsylvania State University
Area: Sport History
- Richardson, Brian** Ph.D. (Kinesiology) Penn State
Area: History and Philosophy