

SPORT STUDIES, BS

Department Chair: Paul Brawdy, Ed.D.

The Bachelor of Science Degree in Sport Studies, offered by the Department of Physical Education, provides students with the opportunity to explore sport, movement disciplines, exercise and wellness experiences within a trans-disciplinary curriculum. Currently, four cognate areas of specialization are available within this major. Building on required coursework and discrete electives in Physical Education, these cognate areas include: Human Development and Learning, Human Movement Sciences, Personal and Team Coaching, and Sports Management. The B.S. Degree in Sport Studies prepares students to work in the wellness, recreation and sport industries as well as gain admission to a range of graduate programs supporting practice and research in human performance and the allied health professions.

Code	Title	Credits
Sport Studies		21
PHED-101	FOUNDATIONS IN PHYSICAL ACTIVITY	
HS-107	Health-Related Fitness/Wellness or PHED-107HEALTH-RELATED FITNESS/WELLNES	
HS-309	NUTRITION	
PHED-312	BIO-KINESIOLOGY	
HS-314	EXERCISE PHYSIOLOGY	
HS-413	INTERNSHIP	
SPST-415	PSYCHOSOCIAL ASPECTS OF HUMAN MOVEMENT AND PHYSICAL ACTIVITY	
SPST/PHED Electives		12
Select four of the following:		
PHED-105	EARLY CHILDHOOD MOTOR DEV.	
PHED-201	INDIVIDUAL & DUAL SPORTS	
PHED-202	INDIVIDUAL/DUAL SPORTS PART 2	
PHED-208	PREVENTION/CARE INJURIES	
SPST-209	MOTOR LEARNING	
PHED-301	TEAM SPORTS-PART 1	
PHED-302	TEAM SPORTS-PART 2	
PHED-308C	THEORY/TECHNIQUES OF COACHING	
PHED-309A	ADVENTURE EDUCATION	
PHED-310	PHIL/PRINC INTERSCHOLASTIC ATH	
PHED-311	PHYS ACT FOR PERSONS W DISABILITIES	
PHED-313	WOMEN IN SPORTS	
PHED-414	SOCIAL THEORY OF SPORT	
HS-314L	EXERCISE PHYSIOLOGY LAB ²	
Cognate Coursework ³		15-16
Biology (in addition to General Education) ⁴		8
BIO-101 & BIOL-101	FUNDAMENTALS OF BIOLOGY and FUNDAMENTALS OF BIOLOGY LAB (meets a General Education requirement)	
BIO-211 & BIOL-211	HUMAN ANATOMY & PHYSIOLOGY and HUMAN ANAT & PHYSIOL LAB	
BIO/BIOL-212	HUMAN ANATOMY & PHYSIOLOGY	
General Electives ⁵		27

General Education Requirements (<https://catalog.sbu.edu/undergraduate/degree-requirements/>) ¹ **37**

Total Credits **120-121**

- ¹ Some cognate courses may count for Gen. Ed.. If so, student must take additional electives to reach 120 credits.
- ² This class may be taken as an additional credit of electives, increasing the number SPST/PHED electives to 13.
- ³ For Human Movement Sciences, the cognate is 16 credits.
- ⁴ Total of 12 credits of BIO.
- ⁵ Enough to get to 120 total credits.

Cognate Coursework Options (choose one)

Depending on the cognate chosen, some courses may fulfill the General Education Distributions.

Human Development & Learning (15 credits)

Code	Title	Credits
PHED-105	EARLY CHILDHOOD MOTOR DEV.	3
SPST-209	MOTOR LEARNING	3
PHED-311	PHYS ACT FOR PERSONS W DISABILITIES	3
PSYC-414	SPORT & EXERCISE PSYCH	3
PHED-414	SOCIAL THEORY OF SPORT	3
Total Credits		15

Human Movement Sciences (16 credits)

Code	Title	Credits
CHEM-101 & CHML-101	GENERAL CHEMISTRY I and GEN CHEM I LAB	4
BIO-105 & BIOL-105	BIOLOGICAL SCIENCE I and BIOLOGICAL SCI. I LAB	4
BIO-106 & BIOL-106	BIOLOGICAL SCIENCE II and BIOLOGICAL SCI. II LAB	4
PHYS-103 & PHYL-103	GENERAL PHYSICS I and GENERAL PHYSICS I LAB	4
Total Credits		16

Personal and Team Coaching (15 credits)

This concentration will allow students to apply for NYS Temporary Coaching Certification.

Code	Title	Credits
PHED-308C	THEORY/TECHNIQUES OF COACHING	3
PHED-310	PHIL/PRINC INTERSCHOLASTIC ATH	3
PHED-208	PREVENTION/CARE INJURIES	3
PHED-201	INDIVIDUAL & DUAL SPORTS	3
PHED-301	TEAM SPORTS-PART 1	3
Total Credits		15

Sports Management (15 credits)

Code	Title	Credits
FIN-333	THE ECON & FIN OF SPORTS	3
MGT-329	INTRO TO SPORTS MANAGEMENT	3
MKT-309	SPORTS MARKETING	3

BI-309A	SPORTS MANAGEMENT INTERN	1-3
or BLX-310	SPORTS AND THE LAW	
MGT-301	MGMT & ORGANIZA.BEHAVIOR	3
or MKT-301	PRINCIPLES OF MARKETING	
Total Credits		13-15

Graduation Requirements for Sport Studies

All degree requirements must be completed satisfactorily to graduate. These include:

- Application for Graduation and Degree Audit (Registrar)
- Application for Graduation (School of Education evaluation)
- 2.0 GPA overall

First Year

Fall	Credits	Spring	Credits
SBU-101	2	ENG-102	3
ENG-101	3	SPST Elective	3
PHED-101	3	Cognate Course	3
HS-107	3	BIO-101 & BIOL-101	4
THFS-101	3	SBU-102	1
14		14	

Second Year

Fall	Credits	Spring	Credits
BIO-211 & BIOL-211	4	BIO-212 & BIOL-212	4
MATH-107 (Quantitative Literacy Distribution)	3	SPST Elective	3
Social Science Distribution	3	PHIL-104	3
Cognate Course	3	Historical Studies Distribution	3
General Elective	3	General Elective	3
16		16	

Third Year

Fall	Credits	Spring	Credits
Literature & the VPA Distribution	3	SF/THEO Distribution	3
PHED-312	3	HS-314	3
General Elective	3	Cognate Course	3
Cognate Course	3	SPST Elective	3
General Elective	3	General Elective	3
15		15	

Fourth Year

Fall	Credits	Spring	Credits
HS-413	3	SPST-415	3
Cognate Course	3	SPST Elective	3
HS-309	3	General Elective	3
General Elective	3	General Elective	3
General Elective	3	Philosophical Distribution	3
15		15	

Total Credits 120