

# 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 Sport, Exercise Science, Coaching and Human Performance, 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
<b>Sport Studies</b>		<b>18</b>
PHED-101	FOUNDATIONS IN PHYSICAL ACTIVITY	
PHED/HS-107	HEALTH-RELATED FITNESS/WELLNES	
PHED-208	PREVENTION/CARE INJURIES	
PHED-312	BIO-KINESIOLOGY	
PHED-413B	DIR. STUDY-INTERNSHIP	
PHED/ SPST-415	Psycho-Social Aspects of Sports and Physical Activity	
<b>SPST/PHED Electives</b>		<b>15</b>
Select five of the following:		
PHED-104	DANCE & AESTHETIC ACTIVITIES: LEARNING TO MOVE, LEARNING TO TEACH!	
PHED-108	SPORTS & GAMES, LEARNING TO MOVE, LEARNING TO TEACH!	
PHED-109	PERSONAL PERFORMANCE ACTIVITIES: LEARNING TO MOVE; LEARNING TO TEACH!	
PHED-110	OUTDOOR PURSUITS: LEARNING TO MOVE, LEARNING TO TEACH!	
PHED-111	FITNESS ACTIVITIES: LEARNING TO MOVE, LEARNING TO TEACH!	
PHED-308C	THEORY/TECHNIQUES OF COACHING	
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	
PHED-315	SPORTS PYSCHOLOGY FOR COACHES	
PHED-316	HEALTH SCIENCE FOR COACHES	
PHED-403	MOTOR BEHAVIOR: TO LEARN & TO GROW	
PHED-414	SOCIAL THEORY OF SPORT	
<b>Cognate Coursework (see options below)</b>		<b>15-16</b>
<b>Biology (in addition to General Education)</b>		<b>12</b>
BIO-101 & BIOL-101	FUNDAMENTALS OF BIOLOGY and FUNDAMENTALS OF BIOLOGY LAB	
BIO-211 & BIOL-211	HUMAN ANATOMY & PHYSIOLOGY and HUMAN ANAT & PHYSIOL LAB	
BIO/BIOL-212	HUMAN ANATOMY & PHYSIOLOGY	
<b>General Education Requirements (<a href="https://catalog.sbu.edu/undergraduate/degree-requirements/">https://catalog.sbu.edu/undergraduate/degree-requirements/</a>)<sup>1</sup></b>		<b>33</b>

<b>General Electives (enough to reach 120 credits)</b>	<b>27</b>
<b>Total Credits</b>	<b>120-121</b>

<sup>1</sup> Some cognate courses may count for Gen. Ed.. If so, student must take additional electives to reach 120 credits. MATH-107 fulfills the general education quatitative literacy requirement and is a requirement of the major as well.

## Cognate Coursework Options (choose one)

### Human Development & Sport

Code	Title	Credits
EDUC-210	HUMAN DEVELOPMENT & LEARNING	3
PHED-403	MOTOR BEHAVIOR: TO LEARN & TO GROW	3
PHED-311	PHYS ACT FOR PERSONS W DISABILITIES	3
PHED-315	SPORTS PYSCHOLOGY FOR COACHES	3
PHED-414	SOCIAL THEORY OF SPORT	3
<b>Total Credits</b>		<b>15</b>

### Coaching and Human Performance

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-315	SPORTS PYSCHOLOGY FOR COACHES	3
PHED-316	HEALTH SCIENCE FOR COACHES	3
PHED-111	FITNESS ACTIVITIES: LEARNING TO MOVE, LEARNING TO TEACH!	3
<b>Total Credits</b>		<b>15</b>

### Exercise Science

Code	Title	Credits
PHED-111	FITNESS ACTIVITIES: LEARNING TO MOVE, LEARNING TO TEACH!	3
HS-309	NUTRITION	3
HS-314	EXERCISE PHYSIOLOGY	3
PHED-315	SPORTS PYSCHOLOGY FOR COACHES	3
PHED-411	ASSESSMENT & TECHNOLOGY IN PHYSICAL EDUCATION	3
<b>Total Credits</b>		<b>15</b>

### Sports Management

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 or BLX-310	SPORTS MANAGEMENT INTERN and SPORTS AND THE LAW	3
MGT-301 or MKT-301	MGMT & ORGANIZA.BEHAVIOR and PRINCIPLES OF MARKETING	3
<b>Total Credits</b>		<b>15</b>

## 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
BONA-101		3 ENG-102	3
ENG-101		3 BIO-101 & BIOL-101	4
PHED-101		3 SPST Elective	3
HS/PHED-107		3 SPST Cognate Course	3
THFS-101		3 General Core Course	3
	15		16

### Second Year

Fall	Credits	Spring	Credits
BIO-211 & BIOL-211		4 BIO-212 & BIOL-212	4
MATH-107 (Quantitative Literacy Distribution)		3 SPST Cognate Course	3
SPST Cognate Course		3 SPST Elective	3
General Core Course		3 PHED-403	3
General Elective		3 General Elective	3
	16		16

### Third Year

Fall	Credits	Spring	Credits
PHED-312		3 General Core Course	3
General Core Course		3 PHED-208	3
General Electives		6 SPST Cognate Course	3
SPST Cognate Course		3 SPST Elective	3
		General Elective	3
	15		15

### Fourth Year

Fall	Credits	Spring	Credits
HS/PHED-413		3 SPST/PHED-415	3
SPST Cognate Course		3 SPST Elective	3
General Core Course		3 General Core Course	3
General Electives		6 General Elective	3
	15		12

**Total Credits 120**