SPORTS STUDIES (SPST)

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The Department of Sport Studies focuses on both the study of human movement and on the exercise and sport industry. From physical therapy to sports psychology and sports management, Guilford students develop a broad cultural perspective of sport. Through the investigation of theories and best practices in the field, our students develop practical skills and knowledge as well as the ability to think critically and creatively. An emphasis on both clinical and liberal arts provides a breadth of experience and the moral and ethical foundations necessary to assume leadership roles in their post-graduate endeavors.

Degrees Offered

The Bachelor of Science degree is offered in Exercise and Sport Sciences, and in Sport Management.

- Exercise and Sport Sciences Majors (https://catalog.guilford.edu/catalogacademic-departments-majors/sport-studies/exercise-sport-sciences/)
- Sport Management Major (https://catalog.guilford.edu/catalogacademic-departments-majors/sport-studies/sport-management/)
- Sport Administration Minor (https://catalog.guilford.edu/catalogacademic-departments-majors/sport-studies/sport-administration-minor/)
- Sport Marketing Minor (https://catalog.guilford.edu/catalogacademic-departments-majors/sport-studies/sport-marketing-minor/)

SPST 109. Fitness for Living. 2.
A basic study of selected systems of the human body and their responses to exercise. Emphasis on personal nutrition and its relationship to fitness, the development and implementation of personal fitness programs, and the relationship of fitness to health. Laboratory, lecture and participation.

This is a beginning-level course for students with little or no dance or ballet experience. Students will explore the beauty and power of this art through the study of technique at the barre, learning the French terminology, the critical viewing of live concerts and performing in a semester-end showing.

SPST 111. Jazz Dance (THEA 104). 2.
This is an introduction to the art of jazz dance, designed as a continuing study of the technique introduced in SPST 112/THEA 101 and SPST 110/THEA 103. The emphasis of the course is on style and the acquisition of an explosive performance quality; technical studies will include isolations, turns, placement and strengthening. Prerequisite: SPST112/THEA 101 or SPST 110/THEA 103.

An introduction to the art of modern dance, designed for students with little or no dance or modern experience. This dance form, with its philosophy based in the expression of personal and contemporary social concerns, will explore various movement techniques including those of Martha Graham, Erick Hawkins, Doris Humphrey and Jose Limon.

SPST 113. Modern Dance II (THEA 201). 2.
This course is intended for students who have already experienced dance, with a continuation of concepts and technique from SPST 110/THEA 103, SPST 111/THEA 104 and SPST 112/THEA 101. In addition to the critical viewing of works, this course emphasizes the expansion of one's classical movement vocabulary and the discovery of one's own performance quality. Prerequisite: SPST 111/THEA 104 and SPST 112/THEA 101, or instructor permission.

This course is an introduction to many aspects of dance. Students develop an awareness and appreciation for dance as art and expression through an exploration of history, contemporary trends, social themes, personalities, sample dance class experiences and choreographic projects. Fulfills arts and diversity in the U.S. requirements (1998). Arts/humanities and sociocultural engagement requirements (2019).

This course is a formal introduction to the art of dance composition. It is designed for students that have had previous dance experiences in technique, the creative process leading to performance and the critical viewing of works; for students working toward a minor in dance, it is preferred that this be the final course completed. Prerequisite: SPST 114 or THEA 100. Fulfills arts requirement (1998). Arts/humanities requirement (2019).

SPST 120. Introduction to Exercise and Sport Sciences. 4.
An exploration in the discipline of exercise and sport science (kinesiology) and its relation to health and physical activity. The course will explore the importance of history and philosophy in health and physical activity in today's society and possible career opportunities. Enrollment limited to freshmen or sophomores or instructor permission.

SPST 130. Introduction to Sport Management. 4.
An introductory course designed to acquaint students with career possibilities for sport management personnel within various segments of the sports and fitness business communities. Course includes development of a résumé and a professional portfolio. Fulfills business and policy studies requirement. Enrollment limited to first year or sophomore, or instructor permission.

SPST 142. First Aid. 2.
A study of basic first aid and emergency care procedures resulting in certification in first aid and cardiopulmonary resuscitation (CPR).

SPST 150. Special Topics. 1-8.
May also be offered at 250, 350 and 450 levels.

SPST 210. Introduction to Athletic Injury and Illness with Lab. 4.
An introductory course in athletic training that explores the prevention, recognition and management of common injuries and illnesses in athletes and the physically active population. A corequisite laboratory course enables students to practice and apply principles and techniques.

SPST 211. Health and Wellness Promotion. 4.
A study of the basic concepts of and promotion of personal and community health from a wellness perspective. Emphases are on contemporary health issues of special concern to young adults and health issues of professional concern to those aspiring to careers in sports or fitness. Fulfills business and policy studies requirement (1998).
SPST 213. Stress Management. 4.
Introductory course that teaches how to identify, understand and combat the stresses of everyday life while developing a healthy living concept. Techniques include Zen meditation, Hatha Yoga, imagery, music therapy, Tai Chi, massage therapy, time management and coping mechanisms.

The course is designed to provide students an understanding of medical terminology including recognition of word roots, prefixes, and suffixes, comprehend definitions; and learn systems and regions of the human body. Additionally, proper spelling for all body systems, treatments, human disorders and pathological conditions will provide students the knowledge to communicate in all allied health fields.

SPST 231. Facility Design & Management. 4.
Fundamentals of and current trends in planning and design, emphasizing athletic, physical education and recreation facilities. Field trips to evaluate facilities on-site; an overview of job responsibilities of sport/recreation facility managers.

SPST 232. Sociology of Sport & Exercise. 4.
An introduction to basic sociological theories as they apply to sport and other forms of physical activity. Students learn to think more critically about sports as a part of social life; a seminar approach used to explore issues in making sports more democratic and sport participation accessible to all people. Fulfills business and policy studies requirement and social justice/environmental responsibility (1998). Social/behavioral science and evaluating systems and environments requirements (2019).

SPST 234. Sport Finance. 4.
4. The purpose of this course is to provide information to the learner about the basic financial management concepts and issues in the sport business industry. Students will examine various means for financing and managing sport businesses and organizations.

A study of the neuromuscular processes involved in motor skill acquisition and performance in sport and rehabilitative settings. Emphasis is on the adult learner.

An exploration of common emergencies that occur in athletics and the physically active population. Current procedures utilized in injury recognition and management of potentially life-threatening situations will be covered in depth. A corequisite laboratory course enables students to practice and apply theoretical principles.

SPST 246. Biomechanics of Sport and Exercise. 4.
A study of the neuromuscular and biomechanical principles that affect the safety, effectiveness and efficiency of human movement. Emphasis is on movement for sport, fitness and activities of daily living.
Prerequisite: SPST 120 and BIOL 341 or instructor permission.

SPST 247. HP: History of Sport. 4.
A study of the American sporting heritage and significant historical influences on it from other cultures. “Sport” in this course is used to include amateur, professional and school sports, fitness, recreation, and dance. Emphasis on sport leaders and the innovations that have shaped American sport.
Prerequisite: ENGL 102. Fulfills Historical Perspectives requirement (1998-2019).

SPST 250. Special Topics. 1-8.

SPST 251. Health, Culture & Sustainability. 4.
This 3-week experiential course allows students to explore and gain an appreciation for non-western cultural influences on issues related to human relations and the field of kinesiology. This course offering includes 10-12 days in a non-western county where we will explore health- and wellness-related issues through the lens of culture and sustainability with local experts. Fulfills business and policy studies, intercultural requirements, and social justice/environmental responsibility (1998). Evaluating Systems and Environments, Social/behavioral science and sociocultural engagement requirements, and Public Health major (2019).

May also be offered at 360 and 460 levels.

SPST 290. Internship. 1-12.
Supervised practicums for students interested exploring sport management and/or ESS career options.
Prerequisite: Advisor permission.

SPST 291. Internship Seminar. 1.
This course is designed to cover content and provide experiences that will assist students in researching specific sport organizations and various allied health settings while initiating the process of applying for and internship. In addition, students will be exposed to information concerning the preparation of resumes, cover letters, job interviews, and professional dispositions.

SPST 311. Sport and Exercise Physiology. 4.
A study of human physiological responses to the stress of physical activity. Emphasis is placed on the muscular, cardiovascular, respiratory and nervous systems and various training programs and testing procedures related to each system.
Prerequisite: BIOL 341 and BIOL 342.

SPST 314. Perspectives in Sport and Exercise Nutrition. 4.
A study of the science of nutrition, especially as it applies to humans engaged in sport and exercise. Content includes nutrition basics, energy-yielding nutrients, energy production and balance, vitamins and minerals and nutritional effects on the life cycle.
Prerequisite: SPST 120 or SPST 211.

SPST 320. Organization and Administration of Sport, Exercise and Health Programs. 4.
A study of the organizational and administrative processes in athletic and exercise programs and school physical education programs. Emphasized are administrative philosophies, programming, legal issues and budget theory.
Prerequisite: SPST 130, SPST 230, Historical Perspectives and must be junior or senior to enroll.

The purpose of this course is to provide information to the learner about the basic financial management concepts and issues in the sport business industry. The course is primarily designed for students with interest in learning about the fiscal challenges that surround the contemporary sports world associated with a facility and how these challenges are proactively addressed in the amateur, professional and recreation sport settings. Considerable amount of time will be spent creating the financial structure of an athletic facility.
Prerequisite: ACCT 201, SPST 130, SPST 230, Econ 221 or 222 or permission of the instructor.
SPST 335. Sport Communication. 4.
A comprehensive study of the public relations function within the sport industry. Students will prepare press releases, produce oral presentations, conduct mock press conferences and develop promotions using social media for sport business.

SPST 340. Psychology of Sport & Exercise. 4.
An examination of basic psychological theories and research related to sport and exercise behavior. Enrollment limited to juniors and seniors. Prerequisite: SPST 241 and Historical Perspectives or instructor permission. Fulfills social science requirement (1998). Social/behavioral science requirement (2019).

SPST 343. Measurement and Evaluation in Sport & Exercise. 4.
A study of common assessment procedures used in sport and exercise programs. Includes procedures for psychomotor, affective and cognitive measurement. Prerequisite: SPST 211. MATH 112 recommended.


SPST 373. Therapeutic Modalities and Rehabilitation with Lab. 4.
A basic study of purposes, effects and application of therapeutic modalities, along with techniques and protocols used in rehabilitation program development of athletic injuries. Pharmacological considerations also included. A co-requisite practicum course enables students to practice principles and techniques. Prerequisite: SPST 245 and BIOL 341.


SPST 431. Sport Marketing. 4.
Fundamentals of marketing sport and of using sport to market other products. Focus on product definition, branding, distribution channels, advertising and promotion. Prerequisite: SPST 130 or permission of the instructor.

SPST 432. Legal Aspects of Sport and Exercise. 4.
A study of legal concerns in sport and exercise programming. A focus on legal liability and risk management in a wide variety of sport and exercise programs and facilities. Must be junior or senior to enroll.

A study of the methods and materials utilized in research in sport studies. Focus on the consumption and production of research; writing-intensive. Must be junior or senior. Prerequisite: Historical Perspectives and SPST232, SPST 247 or SPST 340. Majority of the major requirements must be complete.

SPST 450. Special Topics. 1-8.

Capstone course for the exercise and sport science major. This course prepares the student to sit for the Certified Strength & Conditioning Specialist (CSCS) certification from the National Strength & Conditioning Association. A passing grade in this course is not, however, a guarantee that the student will pass the CSCS certification examination. Prerequisite: SPST 246 311.
