

# SPORT STUDIES (SPST)

## **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.

## **SPST 110. Beginning Ballet (THEA 103). 2.**

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.

## **SPST 112. Modern Dance I (THEA 101). 2.**

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.

## **SPST 114. The Wonder of Dance (THEA 100). 4.**

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).

## **SPST 115. Choreography (THEA 204). 4.**

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 resume 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 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.

## **SPST 215. Medical Terminology. 2.**

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.

Prerequisite: ACCT 201 and SPST 130.

## **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 241. Motor Learning. 4.**

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

## **SPST 245. Emergency Procedures in Sports Medicine. 4.**

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 or AP score of 4+ (which waives ENGL 102), or transfer credit for 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).

**SPST 260. Independent Study. 1-8.**

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.

Prerequisite: SPST 120 or 130; take in junior year.

**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, BIOL 342, SPST 246.

**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 or instructor permission.

**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 120 or SPST 130; take in junior or senior level.

**SPST 325. International Model of Sport. 4.**

This course provides a first-hand, culturally-diverse experience that will inform students of the rapidly globalized nature of the sports industry, while also giving them an opportunity to examine both the similarities and differences between the International Model of Sport and our own domestic approach. Through game day opportunities, interviews/lectures with sport leaders, tours of culturally-significant sites, and traditional didactic study, students will gain a new perspective of the sports industry, while also having an opportunity to build a network of global contacts. Representatives of top international sport organizations will address a wide range of subjects/issues throughout the trip. Topics will include the structure and characteristics of international sports, marketing and management, sports law, sports medicine/performance, professional tennis/cricket, etc. The course will be an elective available to any Guilford College student, not just sport studies majors, and will also provide credit toward the sociocultural general education requirement for graduation from Guilford College. The three-week portion of the course will include didactic reading/learning, followed by an 11-day excursion to the selected countries, and will conclude with a final project submitted in the week following the trip.

**SPST 334. Sports Finance. 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. 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.

Prerequisite: SPST 130 or instructor permission.

**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: Math 112 recommended.

**SPST 350. Special Topics. 1-8.****SPST 360. Independent Study. 1-8.**

**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 or instructor permission.

**SPST 390. Internship. 1-8.****SPST 391. Internship Seminar. 1-2.**

This course is a professional development seminar that serves as a Reflection Seminar 3 that students take when they have junior-class standing. Students continue with the process of reflection and curiosity development from the first and second Reflective Seminar courses, now with a focus on developing a proposal for their Contribution. The course focuses on continued self reflection, but now has more of a focus on both the refinement and development of the MYCQ contribution and the further development of the professional disposition for the student. Through the proposal development process, students continue refining their curiosity, making changes as appropriate, and also identify their two Explore Courses that serve as a theoretical and practical background for the Contribution process. Students are encouraged to think broadly regarding their curiosity and application of such within a culminating project at Guilford. At the end of this course, students will be ready for the Apply course, where they fully immerse in the completion of their Contribution. Fulfills the Junior Seminar requirement for the Integrative Experience.

Prerequisite: SPST 120 or 130; take in junior year.

**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.

Prerequisite: SPST 120 or 130 or instructor permission; must be junior or senior to enroll.

**SPST 445. Research Methods in Sport Studies. 4.**

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 SPST 232, SPST 247 or SPST 340. Majority of the major requirements must be complete.

**SPST 450. Special Topics. 1-8.****SPST 455. Science of Strength and Conditioning. 4.**

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 and 311.

**SPST 460. Independent Study. 1-8.****SPST 470. Senior Thesis. 1-8.****SPST 474. Physical Examination and Assessment with Lab. 4.**

Introduction to the use of scientific assessment methods and essential techniques used in physical examination and evaluation of injuries and illnesses common in athletes and physically active individuals.

Prerequisite: SPST 120 and SPST 245 or instructor permission.

**SPST 484. Experiential Learning. 2-8.**

This course offers students a supervised experiential learning experience in sport management, sports medicine or physical education. The course is designed for reflective integration of students' academic and professional learning experiences.

Prerequisite: Successful completion of the majority of one's major coursework and adviser permission.

**SPST 485. Experiential Learning. 2-4.**

This course offers students a supervised experiential learning experience in sport management, sports medicine or physical education. The course is designed for reflective integration of students' academic and professional learning experiences. Fulfills the Senior Seminar requirement for the Integrative Experience.

Prerequisite: SPST 291 or SPST 391, successful completion of the majority of one's major coursework, and adviser permission

**SPST 490. Departmental Honors. 1-8.**