EXERCISE AND SPORTS SCIENCE (ESS)

ESS 1100. Lifetime Fitness and Wellness.
This course introduces students to the concepts of health-related physical fitness. Emphasis is placed on learning how to teach these concepts. Students will design and implement an exercise program for enhancing health-related physical fitness. Restricted to majors or minors in Exercise and Sports Science, Athletic Training, or Health and Fitness Management
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1128. Aquatic Therapy.
The course addresses basic principles and concepts of aquatic therapy and aquatic emergency management. This course prepares students for the American Red Cross Basic Water Rescue Certification
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1172. Beginning Field Sports.
This course prepares students to become proficient instructors of field sports, including softball and soccer. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, game play, referee skills, skills assessment, and conditioning for field sports. Restricted to majors or minors in Exercise and Sports Science, Coaching, or Health and Fitness Management
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1175. Beginning Jogging and Conditioning.
This course presents the proper biomechanics of jogging, safety rules, and conditioning principles relevant to the activity. Course topics include warming-up and cooling-down, hydration, monitoring and modifying intensity, training for road races, and jogging-related injuries. Students will also learn how to train individuals entering into a jogging program. Restricted to majors or minors in Exercise and Sports Science or Health and Fitness Management
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1176. Beginning Tennis, Badminton, and Other Racket Sports.
This course prepares Exercise and Sports Science majors to be proficient instructors of racket sports, including tennis and badminton, the emphasis is on the fundamentals of racket sports and program development for the beginner. Restricted to majors or minors in Exercise and Sports Science, Health and Fitness Management, or Coaching
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1177. Beginning Track and Field.
This course prepares students to become proficient instructors of track and field. Emphasis is on skill development and instructional practices, rules, terminology, team organization, communication, athlete selection, and event-specific conditioning for track and field. Prerequisite: Major or minor in Exercise and Sports Science or minor in Coaching
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1178. Beginning Volleyball and Basketball.
This course prepares students to become proficient instructors of volleyball and basketball. Emphasis is on skill development, instructional practices, peer coaching, rules, terminology, offensive and defensive strategies, team organization, communication, game play, referee skills, skills assessment, and conditioning for volleyball and basketball. Restricted to majors or minors in Exercise and Sports Science, Health and Fitness Management, or Coaching
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1179. Beginning Weight Training.
This course prepares students to be proficient instructors of all forms of resistance training. Emphasis is on understanding the proper, safe, and effective techniques of weight lifting. Students will learn how to develop resistance-training programs for untrained individuals with a variety of conditions. Restricted to majors or minors in Exercise and Sports Science, Athletic Training, or Health and Fitness Management
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1192. Beginning Balance and Tumbling.
This course prepares students as proficient instructors of the basic fundamentals of balance and tumbling. Emphasis is on the teaching of progressions, skills, and routines. Students will learn and practice safe teaching techniques for spotting in selected balance and tumbling skills. Prerequisite: Major seeking All-Level Teacher Certification in Physical Education
1 Credit Hour. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 1201. Group Exercise Instructor Training.
This course is for students interested in becoming certified group exercise instructors. Students will learn how to safely and effectively conduct group exercise classes. Students will be trained to teach a variety of formats, such as high- and low-impact aerobics, step aerobics, kickboxing, yoga, and resistance training. Prerequisite: Major in Health and Fitness Management or consent of the instructor
2 Credit Hours. 1 Lecture Contact Hour. 1 Lab Contact Hour.
Grade Mode: Standard Letter

ESS 1310. Introduction to Teaching Physical Education.
This course is designed to provide pre-service physical educators an introduction to fundamental principles of teaching physical education in K-12 settings. Progressive steps in developing a basic understanding of pedagogical skills, physical education curriculum, and professional attributes needed to pursue the teaching profession
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 2320. Motor Development.
This course provides the exercise science and physical education student with a knowledge base in the study of changes in motor behavior across the lifespan, the processes that underlie these changes, and factors that affect them. Prerequisite: Major or minor in Exercise and Sports Science
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
ESS 3117. Laboratory in Exercise Physiology.
In this laboratory course, students perform experiments that highlight the physiological responses to exercise. This course also introduces students to basic techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452, with grades of "C" or higher. Co-requisite: ESS 3317. An overall GPA of 2.5 or higher is required 1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3303. Assistant Dive Instructor.
This course provides students with the technical knowledge necessary to prepare for the Assistant Diver Instructor Scuba Certification. Topics include advanced diving physiology, air station operations, assisting instructors with beginning open-water dive students, and boat diving operations. Prerequisite: Assistant Instructor Certification 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3304. Divemaster.
This course provides students with the technical knowledge necessary to prepare for the National Association of Underwater Instructors Divemaster Scuba Certification. Topics include advanced diving physiology, organizing open-water dives, air station operations, assisting instructors with beginning and advanced open-water dive students, and boat diving operations. Prerequisite: Assistant Instructor Certification 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3317. Exercise Physiology.
Students learn the acute and chronic physiological responses to exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, performance improvement through training and supplementation, as well as cardiopulmonary and endocrine responses to exercise. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452, with grades of "C" or higher. An overall GPA of 2.5 or higher is required. Co-requisite: ESS 3117 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Lab Required
Grade Mode: Standard Letter

ESS 3320. Biomechanics.
This course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452, with grades of "C" or higher. An overall GPA of 2.5 or higher is required 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3321. Teaching Elementary Children Physical Activity.
This course introduces students majoring in Elementary Education and/or Exercise and Sports Science to physical education knowledge and movement concepts. It provides innovative techniques for incorporating physical activity within the elementary school setting. The course presents theory and then guides the students in applying those theories in a practical way 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3323. Psychosocial Aspects of Exercise and Sport Science.
This course examines the psychological and social theories and research related to physical activity. Emphasis is on the determinants that influence exercise behavior and sport participation 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3325. Applied Assessment of Physical Activity.
This course is designed to provide students with a theory to practice approach in the assessment of physical activity within the physical education setting. Particular emphasis is placed on empowering students to use relevant and meaningful physical activity assessments in K-12 schools. Prerequisites: ESS 1310 and ESS 2320. Restricted to majors seeking all level Teacher Certification in Physical Education 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 3329. Motor Learning.
This course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills and draw upon examples from sport, physical activities, and rehabilitation. Prerequisite: Overall GPA of 2.5 or higher 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

This course examines the theories and principles of effective coaching, including philosophy, ethics, strategies, team motivation and organization, coach-athlete relationships, performance analysis, and the administration of facilities, personnel, and contests 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 4317. Fitness Assessment and Exercise Prescription.
Students are presented with current information on fitness assessment and exercise programming for individuals of all ages and fitness levels. Emphasis is placed on preparation for multiple certifications offered by relevant professional organizations. Prerequisites: ESS 3117 and ESS 3317; BIO 2430, or BIO 2451 and BIO 2452, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required 3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 4318. Fitness Assessment and Exercise Prescription Practicum.
During this 80-hour practicum, students will acquire advanced knowledge and skills associated with appraising health risk, assessing fitness levels, and designing exercise programs for diverse populations through online, classroom, and laboratory settings as well as through field-based experiences by working in a variety of venues. Prerequisite: BIO 2430, or BIO 2451 and BIO 2452; ESS 3117 and ESS 3317, all with grades of "C" or higher and Overall GPA of 2.5 or higher is required 3 Credit Hours. 2 Lecture Contact Hours. 6 Lab Contact Hours.
Grade Mode: Standard Letter
ESS 4319. Clinical Exercise Physiology.  
Students gain a thorough understanding of the health appraisal/risk assessment, exercise testing, and exercise programming guidelines for clinical populations. In addition, basic electrocardiography and cardiopulmonary pathology and pharmacology are introduced. Prerequisites: ESS 3117 and ESS 3317; BIO 2430, or BIO 2451 and BIO 2452, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required  
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.  
Grade Mode: Standard Letter

This course discusses the development and evaluation of training principles and programs for diverse populations. Emphasis is placed on physiological adaptations and mechanical principles related to the application of resistance training. Prerequisites: BIO 2430, or BIO 2451 and BIO 2452; ESS 3317 and ESS 3117, all with grades of "C" or higher. An overall GPA of 2.5 or higher is required  
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.  
Grade Mode: Standard Letter

ESS 4323. Adapted Physical Education.  
This introductory course provides All-Level teacher certification candidates in Exercise and Sports Science with content knowledge on legal mandates, evidence-based practices, and the characteristics of selected disabilities and their considerations when designing meaningful individualized physical activity experiences to meet the students with disabilities in school settings. Prerequisites: ESS 1310, ESS 2320 and 2.75 overall GPA. (WI)  
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.  
Course Attribute(s): Writing Intensive  
Grade Mode: Standard Letter

ESS 4324. Adapted Physical Activity.  
This course introduces students to the field of adapted physical activity, including sport and leisure for persons with disabilities. This course provides content knowledge on how to instruct physical activities to individuals with unique needs in various settings. (WI)  
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.  
Course Attribute(s): Writing Intensive  
Grade Mode: Standard Letter

This course is for students who are interested in research related to Exercise and Sports Science. Students develop a research study, collect data, and analyze the results. Repeatable for credit with different emphasis. Prerequisites: A minimum GPA of 3.00 and special approval  
3 Credit Hours. 1 Lecture Contact Hour. 2 Lab Contact Hours.  
Course Attribute(s): Exclude from 3-peat Processing  
Grade Mode: Credit/No Credit

ESS 4340. Internship in Coaching.  
This 220-hour internship provides students with work-related experience. Students will strengthen their coaching-related knowledge, skills, and abilities by observing and shadowing coaches as well as assisting with a range of tasks, including training athletes, managing the facilities, and organizing practices, Prerequisites: completion of all coursework required for the minor in Coaching and special approval  
3 Credit Hours. 0 Lecture Contact Hours. 15 Lab Contact Hours.  
Grade Mode: Credit/No Credit

This course introduces students to the fundamental principles and techniques of measuring human performance related to Exercise and Sports Science, as well as evaluating and interpreting the results of exercise science and human performance tests in children and adults. Prerequisite: Overall GPA 2.5 or higher  
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

ESS 4624. Principles and Practices for Teaching Physical Education.  
This course provides students with an in-depth study of theory and curriculum encompassing the design and implementation of developmentally appropriate and culturally responsive physical education programs for children and adolescents. Emphasis is on implementing evidenced-based curricula that promote youths’ enjoyment of and participation in lifelong physical activity. Prerequisites: ESS 1310, ESS 2320, ESS 3325 and 2.75 overall GPA  
6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.  
Grade Mode: Standard Letter

In this 400-hour internship, students will apply theoretical health and fitness management principles and concepts to an organizational setting. This course requires students to participate in a health and fitness organization/agency and complete a semester-long planning and evaluation project. Prerequisites: Completion of all other coursework required for the degree, department approval, and an overall GPA of 2.5 or higher. (WI)  
6 Credit Hours. 0 Lecture Contact Hours. 25 Lab Contact Hours.  
Course Attribute(s): Writing Intensive  
Grade Mode: Standard Letter

ESS 5101. Graduate Assistant Development.  
This course is required of all graduate teaching and instructional assistants in the department. This course provides regular in-service and planned periodic evaluations of instructional and professional responsibilities. This course does not earn graduate credit. Graded on a credit (CR), no-credit (F) basis  
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.  
Course Attribute(s): Graduate Assistantship|Exclude from Graduate GPA  
Grade Mode: Leveling/Assistantships

ESS 5117. Laboratory in Exercise Physiology.  
Students in this leveling laboratory course perform experiments that highlight the physiological responses to exercise. The course introduces students to basis techniques in the assessment of health and human performance, including the assessment of maximal oxygen consumption, body composition, anaerobic power and capacity, muscular fitness, movement economy, and dietary intake. Prerequisite: BIO 2430 or equivalent. Co-requisite: ESS 5317  
1 Credit Hour. 0 Lecture Contact Hours. 2 Lab Contact Hours.  
Course Attribute(s): Exclude from Graduate GPA|Leveling  
Grade Mode: Leveling/Assistantships

ESS 5199B. Thesis.  
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A  
1 Credit Hour. 1 Lecture Contact Hour. 0 Lab Contact Hours.  
Grade Mode: Credit/No Credit
ESS 5201. Graduate Assistant Development.
This course is required of all graduate teaching and instructional assistants in the department. This course provides regular in-service and planned periodic evaluations of instructional and professional responsibilities. This course does not earn graduate credit. Graded on a credit (CR), no-credit (F) basis
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Graduate Assistantship
Grade Mode: Leveling/Assistantships

ESS 5299B. Thesis.
This course represents a student's continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
2 Credit Hours. 2 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5304. Motor Learning and Performance.
This course is designed to provide students the foundation for understanding the principles involved in enhancing motor skill acquisition, and physiological, neurological, and psychological factors affecting motor learning and performance. Inquiry is made into the various motor learning theories and concepts
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5305. Advanced Fitness Assessment and Exercise Prescription.
This course provides an intensive study of current scientifically based exercise testing and prescription procedures. Students will learn how to evaluate fitness and prescribe exercise through laboratory experiences
3 Credit Hours. 2 Lecture Contact Hours. 1 Lab Contact Hour.
Grade Mode: Standard Letter

ESS 5306. Advanced Exercise Physiology.
This advanced exercise course will provide students with a thorough understanding of the acute responses to exercise and the physiological adaptations that occur in response to exercise training. Additional topics to be covered include environmental influences, aging, and sex differences
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

This course will include the development, instruction, and evaluation of resistance training exercises and programs for diverse populations and settings. Physiological and mechanical principles related to resistance training will be applied to study human performance, injury prevention, and rehabilitation
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5308. Physical Activity, Exercise, and Epidemiology.
This course will provide students with opportunities to examine the role of physical inactivity in the development of chronic diseases and the benefits of activity in prevention efforts. A special emphasis will be placed on activity assessment and intervention research
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

Review of current research and research techniques in the biomechanics of exercise and sport science. Students will develop skills in reviewing, planning, and conducting biomechanical research
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5310. Cardiopulmonary Exercise Physiology.
The course will provide students with a thorough understanding of the structure, function, neural mechanisms, and integrated responses of the human cardiopulmonary system to acute and chronic exercise. In addition, basic cardiopulmonary pathology, pharmacology, and electrocardiography will be introduced
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5311. Applied Neuromuscular and Skeletal Muscle Physiology.
The course will provide students with a thorough understanding of the structure and function of neuromuscular and skeletal muscle physiology. This course will examine mechanisms that regulate skeletal muscle force production and human performance in response to acute and chronic exercise. In addition, advanced laboratory techniques will be introduced
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5317. Exercise Physiology.
This leveling course provides an overview of the acute and chronic physiological responses to exercise. Emphasis is on muscle bioenergetics, muscle contractile properties, optimizing human performance through training and supplementation, as well as cardiopulmonary and endocrine responses to exercise. Prerequisite: BIO 2430 or equivalent. Corequisite: ESS 5117
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

ESS 5320. Biomechanics.
This leveling course provides an introduction to the mechanical foundations of anatomical function and human movement. Qualitative and quantitative biomechanical analyses of human movement are introduced to inform the prescription of technique, equipment, and training interventions. Prerequisite: BIO 2430 or equivalent
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA
Grade Mode: Leveling/Assistantships

ESS 5322. Inclusion and Diversity in Physical Activity and Sport.
This course is designed to prepare physical activity and sport educators with knowledge, skills, and strategies to create inclusive learning environments. Culturally responsive teaching strategies that best accommodate the individual needs of children, adolescents, and adults, with diverse ethnic, racial, cultural, socio-economic, physical, and cognitive needs will be emphasized
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter
ESS 5329. Motor Learning.
This leveling course provides students with an understanding of the physiological, neurological, and psychological factors affecting performance and acquisition of motor skills. Students will examine the structural components underlying the learning of motor skills and draw upon examples from sport, physical activities, and rehabilitation. This course does not earn graduate degree credit
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

ESS 5344. Improving Instruction and Assessment in Physical Activity and Sport.
This course is a comprehensive study of pedagogical research examining effective teaching and assessment strategies in physical activity and sport. The use of assessment to improve instruction, learning outcomes, and programming will be emphasized. The course is designed to promote reflective physical activity and sport educators
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

A study of research methods related to techniques for searching the professional research literature, understanding, planning, and conducting professional research projects, as well as development of skills for writing research proposals related to human performance
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5347. Independent Study in Exercise Science.
The course allows students to receive individualized instruction while working on a professional project with a supervising faculty member. This course will require students to enhance their writing, research, teaching, and/or presentation skills. Repeatable once for credit
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5353. Curriculum and Instruction in Physical Activity and Sport.
This course examines contemporary evidenced-based curriculum models. It is designed to enable students to develop and implement developmentally appropriate and theoretically based physical activity and sport programs in schools, communities, and athletic venues
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5354. Developmental Sports Education I.
This course is designed to provide sport educators with theory, research, and application strategies to implement developmentally appropriate sports programs. Pedagogical, philosophical, psychosocial, and physiological variables impacting youth participation in sport are examined. Emphasis is placed on promoting positive youth development by applying evidenced-based practices in sports education
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5355. Developmental Sports Education II.
The purpose of this course is to provide sports education professionals with the theoretical and practical information necessary to design and implement a quality sports experience for adolescents and/or adults. This course will focus on a theory to practice approach and will include a bio-psychosocial perspective
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

A study of quantitative statistical methods for planning and conducting experimental and correlational research, as well as techniques for statistical data analysis and interpretation applicable to health and human performance
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5398. Internship in Exercise and Sports Science.
This 240-hour internship provides students with work-related experience with children, adults, older individuals, or athletes in exercise settings. Students are provided an opportunity to prescribe and supervise age- and fitness-appropriate exercise programs and perform exercise tests.
Prerequisite: ESS 5306
3 Credit Hours. 0 Lecture Contact Hours. 20 Lab Contact Hours.
Grade Mode: Standard Letter

ESS 5399A. Thesis.
This course represents a student’s initial thesis enrollment. No thesis course credit is awarded until the student has completed the entire thesis required in ESS 5399B. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisites: ESS 5346 and ESS 5356
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5399B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A
3 Credit Hours. 3 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit

ESS 5524. Principles and Practices for Teaching Physical Education.
This is a leveling class for graduate students pursuing teaching certification in physical education. Particular emphasis is placed on methods of teaching physical education. This course does not earn graduate credit. Departmental Approval required
6 Credit Hours. 6 Lecture Contact Hours. 0 Lab Contact Hours.
Course Attribute(s): Exclude from Graduate GPA|Leveling
Grade Mode: Leveling/Assistantships

ESS 5568. Internship in Exercise and Sports Science.
This full-time internship provides students with a minimum of 480 hours of field experience. Students will work with children, adults, older individuals, or athletes in exercise or health care settings, and prescribe and supervise age and fitness appropriate exercise programs and perform comprehensive health-related assessments
6 Credit Hours. 0 Lecture Contact Hours. 40 Lab Contact Hours.
Grade Mode: Standard Letter
ESS 5999B. Thesis.
This course represents a student’s continuing thesis enrollment. The student continues to enroll in this course until the completed thesis is submitted for binding. Graded on a credit (CR), in progress (PR), or no credit (F) basis. Prerequisite: ESS 5399A

9 Credit Hours. 9 Lecture Contact Hours. 0 Lab Contact Hours.
Grade Mode: Credit/No Credit