

**Sport Studies & Exercise Science
Minor**

Requirements --

The department offers a minor for students wishing to pursue interests in such areas as sport studies, sports medicine, health and fitness, and sport management. Students who are interested in the sport studies concentration will complete SSES 115 (Introduction to Kinesiology) and also establish a five-course sequence to complete the minor. Students who are interested in the exercise science concentration will complete SSES 107 (Introduction to Functional Anatomy) and also establish a five-course sequence to complete the minor. Students will be advised by the department's Director of Instructional Programs. Students will have opportunities to become involved as student leaders, peer-teachers, and/or facilitators in Sport Medicine, Fitness/Wellness Programs, and Sport Management.

Examples of Concentration Sequences

<u>Exercise Science</u>	<u>Sport Studies</u>
SSES 107 Introduction to Functional Anatomy (w/ lab)	SSES 115 Introduction to Kinesiology
SSES 234 Physiology of Exercise	SSES 210 Psychological Perspectives on Sport
SSES 248 Principles of Fitness & Wellness	SSES 212 Sociological Perspectives on Sport
SSES 306 Human Growth & Motor Development	SSES 216 Philosophical Perspectives on Sport
SSES 319 Sports Medicine	SSES 306 Human Growth & Motor Development
SSES 401 Fitness Seminar	SSES 319 Sports Medicine
SSES 391 Internship – Exercise Science	SSES 320 Coaching Theory
	SSES 391 Internship – Sport Studies

Scheduling Plan (Year of Graduation ____)

Fall ____	Spring ____
Fall ____	Spring ____
Fall ____	Spring ____
Fall ____	Spring ____

Coaching Certification (New York State)

Students completing the following courses in sequence will earn a Coaching Certification Certificate to coach in the public schools of New York State.

SSES 216: Philosophical Perspectives of Sport or SSES 115: Kinesiology
 SSES 319 Sport Medicine
 SSES 320 Coaching Theory