

# HEALTH, KINESIOLOGY AND SPORT MANAGEMENT

Department website (<https://www.uwp.edu/learn/departments/hesm/>)

College: College of Natural & Health Sciences

## Student Organizations/Clubs:

Sport Management Club

## Department Overview

The Health, Kinesiology and Sport Management (HKSM) Department offers Bachelor of Science degrees in Kinesiology & Sport Performance along with Sport Management.

Both bachelor of science degree programs feature:

- Core courses designed to ensure students learn the fundamentals and skills necessary to achieve success in their chosen field.
- Elective courses which encourage students to supplement their aforementioned core courses with classes designed to target their specific career goals.
- Finally, both degree programs require significant practical/field experience. This approach ensures students acquire hands-on knowledge and make valuable professional contacts in their respective professions. As part of this initiative, the department is one of the campus leaders in offering Community-Based Learning course/classroom opportunities to students.

The department also offers minors in coaching, kinesiology & sport performance and sport management. These minor opportunities are designed to allow a student to supplement an existing major with additional career-specific course work designed to enhance their employment prospects.

Finally, HKSM also offers a Master of Science degree in Sport Management (MSSM & MSSMO) and participates in offering an online collaborative Master of Science degree in Health and Wellness Management (HWM). (Please see "Graduate Programs" for more information about these degree programs.)

## Career Possibilities

Kinesiology & sport performance majors can find employment within the sport and exercise fields with numerous types of organizations including educational institutions, sport and fitness centers, amateur or professional sports organizations/teams, health centers, corporate wellness and nonprofit, private or municipal recreation programs. Careers include sport performance coach, fitness coach, strength and conditioning coach, exercise specialist, exercise physiologist, personal training or director exercise and fitness program to name a few. Recent graduates work in a variety of settings, such as owning their own fitness business, coaching, personal training, and strength and conditioning coach. Other graduates have successfully pursued a professional program or graduate work in the health care/medical field such as athletic training and physical therapy.

Sport management majors can find employment within the sports industry with numerous types of organizations including amateur or professional sports organizations/teams, educational institutions (colleges or high schools), health and fitness centers and nonprofit,

private or municipal recreation programs. Careers include administration/management, coaching, marketing/sales, consulting, journalism, public relations, facility operations or sports information to name a few. Recent graduates work at all levels of organized sport and around the world. Many have also taken their degree and acquired skills to succeed in a wide variety of general business sectors.

## Preparation for Graduate Studies

Undergraduate study in kinesiology & sport performance provides preparation for advanced study in such areas as athletic training, biomechanics, coaching, exercise physiology, kinesiology, occupational therapy, physical education and physical therapy.

Undergraduate study in sport management provides preparation for graduate study in a wide variety of graduate programs. Recent graduates have gone on to experience success in graduate programs such as sport administration, sport management, business, communications, education and law.

## Special Policies

Students who wish to double major in kinesiology and sport performance along with sport management may be allowed to reduce the overall number of fieldwork credits required to complete the two majors. Please see a departmental advisor for more information if you are considering this option.

Trips or visits to sport, fitness or other related facilities and/or events may be required as part of the curriculum for select HKSM courses.

Fees may be required for certain HKSM courses to cover unique education expenses.

## Programs Offered

- Kinesiology & Sport Performance Major (BS) (<https://catalog.uwp.edu/programs/health-kinesiology-sport-management/kinesiology-sport-performance-major/>)
- Sport Management Major (BS) (<https://catalog.uwp.edu/programs/health-kinesiology-sport-management/sport-management-major/>)
- Coaching Minor (<https://catalog.uwp.edu/programs/health-kinesiology-sport-management/coaching-minor/>)
- Kinesiology and Sport Performance Minor (<https://catalog.uwp.edu/programs/health-kinesiology-sport-management/kinesiology-sport-performance-minor/>)
- Sport Management Minor (<https://catalog.uwp.edu/programs/health-kinesiology-sport-management/sport-management-minor/>)
- Sport Sales Certificate (<https://catalog.uwp.edu/programs/health-kinesiology-sport-management/sport-sales-certificate/>)

## Courses in Health, Kinesiology and Sport Management

### HLTH 250 | First Aid and Safety | 3 cr

Provides knowledge and skills to help create a safe environment to prevent the risk of accidents and to deal with breathing, cardiac, and thermoregulatory emergencies; musculoskeletal injuries; and poisonings. Develops competencies in first aid, CPR, and AED use. Requires fees.

**Prerequisites:** None.

**Offered:** Yearly.

**Meets:** Natural Science: HKSM

**HLTH 270 | Lifetime Wellness | 3 cr**

Provides necessary knowledge and skills to develop a personal fitness/wellness program and to achieve greater lifelong health and wellness. Requires workouts outside of the scheduled class period.

**Prerequisites:** None.

**Offered:** Fall, Spring.

**Meets:** Social & Behavioral Science: HKSM

**HLTH 280 | Nutrition for Wellness | 3 cr**

Develops an understanding of the interaction of good nutrition and wellness. Focuses on nutritional strategies to maximize health including the needs and considers responses of special populations to diet. Community-based learning designation.

**Prerequisites:** None.

**Offered:** Fall, Spring.

**Meets:** Natural Science: HKSM, Community Based Learning

**HLTH 321 | Women's Health Issues | 3 cr**

Provides a comprehensive overview of critical, contemporary women's health topics and a framework for informed personal and social health decision-making. Includes health status and implications, nutrition and fitness; sexuality and reproductive health; violence in women's lives; health of women across the life span; chronic diseases; and substance use/abuse issues. Community-based learning designation.

**Prerequisites:** At least sophomore standing.

**Offered:** Occasionally.

**Meets:** Community Based Learning

**HLTH 490 | Special Topics in Health and Wellness | 1-3 cr**

Examines selected topics in health and wellness.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**HLTH 499 | Independent Study | 1-4 cr**

Provides opportunity for independent work in health and wellness under faculty supervision.

**Prerequisites:** Consent of instructor and department chair.

**Offered:** Fall, Spring, Summer.

**KSP 100 | Introduction to Kinesiology and Sport Performance | 1 cr**

Provides an overview of potential careers and professional aspects in the field of kinesiology and sport performance. Introduces key concepts concerning the anatomical, mechanical, physiological, neural, and psychological bases of human movement. Explores skills and abilities needed to successfully obtain and retain a position within kinesiology.

**Prerequisites:** None.

**Offered:** Yearly.

**KSP 110 | Essentials of Human Anatomy and Physiology | 5 cr**

Covers essential structures and functioning of the cells, organs, and systems of the human body. Requires lab.

**Prerequisites:** None.

**Offered:** Yearly.

**KSP 190 | Special Topics in Kinesiology and Sport Performance | 3 cr**

Examines selected topics in kinesiology and sport performance.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**KSP 205 | Social and Philosophical Issues in Kinesiology | 3 cr**

Introduces the student to the study of physical activity, physical education, sport, and athletics in historical and contemporary society. Emphasizes the justification for school-based physical education; consequent mission of physical education; and problems and challenges associated with physical education teaching programs. Explores philosophic questions regarding the nature of the human being, ethics, and meaning derived from physical activity, physical education, and sport participation.

**Prerequisites:** None.

**Offered:** Yearly.

**KSP 290 | Special Topics in Kinesiology and Sport Performance | 1-3 cr**

Examines topics in kinesiology and sport performance. May be repeated for credit with different topic.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**KSP 295 | Practicum in Kinesiology and Sport Performance | 2 cr**

Provides opportunity for students to apply current knowledge, theories, skills and research to the kinesiology and sport performance industry. Community-based learning designation.

**Prerequisites:** KSP 100, KSP 110; at least sophomore standing.

**Offered:** Yearly.

**Meets:** Community Based Learning

**KSP 300 | Advanced Sport and Exercise Nutrition | 3 cr**

Reviews macronutrients, micronutrients, water, the digestive process, and balanced nutrition for basic human physiological needs. Applies evidence-based nutrition strategies and recommendations to athletes of varying sports to maximize sport performance.

**Prerequisites:** HLTH 280.

**Offered:** Yearly.

**KSP 306 | Motor Learning and Development | 3 cr**

Explores issues pertinent to the analysis, teaching, and learning of motor skills. Emphasizes identifying qualities of the individual learner/performer in relation to environmental factors and teacher behaviors that influence the skill acquisition process. Examines the development of motor skills through our lifespan.

**Prerequisites:** At least sophomore standing.

**Offered:** Yearly.

**KSP 310 | Measurement and Evaluation in Sport and Exercise | 3 cr**

Examines the concepts of measurement and evaluation. Covers setting up and administration of assessments, data collection, data analysis and reporting, and applications relevant to assessment in the psychomotor, cognitive, and affective domains in sport and exercise. Two hours lecture, required lab.

**Prerequisites:** Completion of computational skills requirement.

**Offered:** Yearly.

**KSP 320 | Sport and Exercise Psychology | 3 cr**

Presents a theoretical overview of principles of sports, exercise, and rehabilitation psychology. Includes practical intervention skills, applicable in a wide variety of occupational situations.

**Prerequisites:** Junior or senior.

**Offered:** Fall, Spring.

**KSP 325 | Exercise Leadership and Management | 3 cr**

Explores theory and practice for leading and managing kinesiology programs. Covers planning and developing exercise leadership skills, facility oversight, programming, personnel issues, marketing, and evaluation aspects. Community-based learning designation.

**Prerequisites:** Junior/senior standing; declared KSP or AHS major.

**Offered:** Yearly.

**Meets:** Community Based Learning

**KSP 330 | Sport and Exercise Biomechanics | 4 cr**

Examines human movement from anatomical and mechanical perspectives. Includes fundamental biomechanical concepts, terminology, principles, and their application as they relate to sport and exercise. Three-hour lecture; required lab session.

**Prerequisites:** KSP 110 or BIOS 105 or BIOS 300; completion of computational skills requirement.

**Offered:** Fall, Spring.

**KSP 340 | Sport and Exercise Physiology | 4 cr**

Explores the physiological changes of the human body during and after exercise, and their implications for human performance. Three-hour lecture; required lab session.

**Prerequisites:** KSP 110 or BIOS 105 and BIOS 106 or BIOS 300 and BIOS 341; and completion of computational skills requirement.

**Offered:** Fall, Spring.

**KSP 345 | Prevention and Care of Athletic Injuries | 3 cr**

Addresses athlete health, injury prevention techniques, and injury management by introducing knowledge and skills to help provide a safe environment for athletes while practicing, competing, and recovering from injury. Incorporates CPR/AED certification component.

**Prerequisites:** HLTH 250.

**Offered:** Occasionally.

**KSP 350 | Research Methods in Kinesiology and Sport Performance | 3 cr**

Addresses the major aspects of performing research in the broad area of exercise science. Includes the scientific method, statistical analysis, research design, types of research and the publication process.

**Prerequisites:** KSP 310 or PSYC 250 or MATH 104.

**Offered:** Spring.

**KSP 390 | Special Topics in Kinesiology and Sport Performance | 1-3 cr**

Examines topics in kinesiology and sport performance.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**KSP 410 | Fitness Assessment and Exercise Prescription | 3 cr**

Provides the knowledge and skills to assess, analyze, and prescribe appropriate fitness and health behavior programs for a diverse population. Focuses on standards set forth by the American College of Sport Medicine. Community-based learning designation.

**Prerequisites:** KSP 330, KSP 340.

**Offered:** Yearly.

**Meets:** Community Based Learning

**KSP 415 | Scientific Principles of Human Performance | 4 cr**

Examines theoretical and applied aspects of human performance including physiology, biomechanics, nutrition, psychology, and training adaptations. Covers exercise technique, flexibility development, testing, resistance training program design, skill acquisition, periodization, plyometrics, aerobic and anaerobic conditioning, and facilities and risk management. Lab required.

**Prerequisites:** KSP 330, KSP 340.

**Offered:** Yearly.

**KSP 420 | Advanced Sport Conditioning Techniques | 3 cr**

Examines principles underlying effective exercise and sport conditioning techniques.

**Prerequisites:** KSP 415.

**Offered:** Yearly.

**KSP 425 | Program Design for Athletic Development and Training | 3 cr**

Provides opportunity to design and monitor training programs. Examines the principles underlying effective program design.

**Prerequisites:** KSP 415.

**Offered:** Yearly.

**KSP 426 | Functional Anatomy for Human Performance | 3 cr**

Explores the integration of the nervous, skeletal, and muscular systems with regard to applications in sport, exercise, and kinesiology.

**Prerequisites:** Junior/senior standing; accepted KSP major.

**Offered:** Yearly.

**KSP 435 | Kinesiology and Sport for Special Populations | 3 cr**

Presents guidelines for prescribing exercise for special populations including people with disabilities and chronic diseases.

**Prerequisites:** KSP 110 or BIOS 105, BIOS 106.

**Offered:** Yearly.

**KSP 480 | Senior Seminar in Kinesiology and Sport Performance | 1 cr**

Provides opportunity to examine and apply the concepts, skills, and issues of the profession and discipline of kinesiology and sport performance.

**Prerequisites:** Senior standing; accepted KSP major with a minimum GPA of 2.67 in major.

**Offered:** Yearly.

**KSP 490 | Special Topics in Kinesiology and Sport Performance | 1-3 cr**

Examines selected topics in kinesiology and sport performance.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**KSP 494 | Internship | 1-3 cr**

Provides opportunity for practical application of the methods and techniques in various kinesiology fields under guidance of an appropriate faculty member. May be repeated for a maximum of six credits.

**Prerequisites:** Consent instructor and department chair.

**Offered:** Fall, Spring, Summer.

**KSP 498 | Fieldwork in Kinesiology and Sport Performance | 1-3 cr**

Provides opportunity for a supervised field-based experience. Requires placement approval by KSP faculty member. Must be completed in student's last year of course work.

**Prerequisites:** Accepted KSP major with a minimum major GPA of 2.67.

**Offered:** Fall, Spring, Summer.

**KSP 499 | Independent Study | 1-5 cr**

Provides opportunity to conduct independent work under KSP faculty supervision.

**Prerequisites:** Consent of instructor and department chair.

**Offered:** Fall, Spring, Summer.

**PE 100 | Badminton | 1 cr**

Introduces basic skills, rules, proper court position and conditioning.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 101 | Baseball | 1 cr**

Introduces fundamental skills and the elements of position play.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 102 | Basketball | 1 cr**

Provides practical experience in fundamentals and team play.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 103 | Disc Golf | 1 cr**

Introduces the knowledge and skills needed to play disc golf including the rules for playing at a competitive level.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 104 | Football | 1 cr**

Provides experience in fundamentals of football and team play.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 105 | Futsal | 1 cr**

Introduces the knowledge and skills needed to play Futsal including the rules and skills necessary to play the game.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 106 | Golf | 1 cr**

Introduces fundamentals of golf: grip, stance, swing, rules and etiquette. Provides practice with all clubs emphasizing fundamental mechanics and the opportunity to develop skills on local golf courses.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 107 | Pickleball | 1 cr**

Introduces the knowledge and skills needed to play pickleball including the rules necessary to play singles and doubles.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 108 | Recreation Games | 1 cr**

Provides knowledge on how to play and organize a number of recreational games/activities. Covers rules and setting up the equipment for three-six different playground or backyard style games, including different ways to pick teams and set up multiple types of tournaments.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 109 | Soccer | 1 cr**

Provides practice with basic principles of soccer skills, team play and game situations.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 110 | Softball | 1 cr**

Covers fundamentals of softball including position play and offensive and defensive team play.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 111 | Track and Field | 1 cr**

Covers fundamentals of track and field events.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 112 | Volleyball | 1 cr**

Covers fundamentals of volleyball technique, elements of attack and defense, rules interpretation, game strategy, officiating and skill testing.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 120 | Relaxation | 1 cr**

Covers relaxation techniques including deep breathing, meditation, imagery and progressive relaxation. Provides tools to recognize stressors and their effects.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 121 | Pilates and Fitness Yoga | 1 cr**

Covers pilates using a series of floor exercises to increase strength, flexibility, balance, stamina, and concentration while focusing on your center or core. Explores fitness yoga as a program for a more powerful defined physique using traditional yoga asanas geared towards the athlete and fitness enthusiast.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 122 | Yoga I | 1 cr**

Covers various yoga disciplines emphasizing total health.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 123 | Yoga II | 1 cr**

Examines fundamental yoga philosophy through lecture physical exercises (asanas) involving both psychological and physiological processes. Provides opportunity to gain a deeper understanding of the principles of relaxation.

**Prerequisites:** PE 122 or consent of instructor.

**Offered:** Occasionally.

**PE 124 | Aerobics | 1 cr**

Focuses on aerobic dance, exercise theory and techniques.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 125 | Step Aerobics | 1 cr**

Introduces basic step aerobics fundamentals and medium impact levels of cardiovascular development.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 126 | Total Body Conditioning | 1 cr**

Provides an upbeat muscular endurance session using dumbbells, resistance bands, steps and exercise balls, focusing on the major muscle groups. Emphasizes physiological strength, balance, and flexibility.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 130 | Karate I | 1 cr**

Introduces fundamentals of basic karate techniques. Emphasizes proper overall organization of hand and foot techniques, stances, posture, and physical principles of power.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 131 | Karate II | 1 cr**

Provides intermediate study in the art of self-defense. Introduces defense against an assailant and concentrated study of prearranged formal exercises.

**Prerequisites:** PE 130 or consent of instructor.

**Offered:** Occasionally.



**PE 132 | Karate III | 1 cr**

Provides advanced study in the art of self-defense, including defense against attacks with a weapon and multiple assailants.

**Prerequisites:** PE 131 or consent of instructor.

**Offered:** Occasionally.

**PE 133 | Self-Defense | 1 cr**

Emphasizes simple, but effective techniques to survive an aggressive situation.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 140 | Jogging for Fun and Fitness | 1 cr**

Covers proper running techniques, setting up a personal fitness plan, assessing one's cardiovascular fitness, and safety issues related to running. May be repeated for a maximum of four credits.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 141 | Aerobic Walking | 1 cr**

Introduces and develops proper aerobic walking techniques and benefits of walking. May be repeated for a maximum of 4 credits.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 150 | Weight Training | 1 cr**

Introduces elementary weight training and a general program of the basic lifts, the muscle groups affected by these lifts, safety procedures and theory of weight training.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 151 | Power Lifting | 1 cr**

Explores the theory, knowledge and practical application of powerlifting and other power movements using techniques and progressions to achieve personal fitness goals.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 152 | Kettlebell Conditioning | 1 cr**

Introduces vigorous physical conditioning primarily utilizing kettlebells. Emphasizes exercises to enhance muscular strength, power, endurance and agility.

**Offered:** Occasionally.

**PE 153 | Olympic-Style Weightlifting | 1 cr**

Explores the theory, knowledge and practical experience of olympic weightlifting using advanced techniques and progressions to achieve personal fitness goals.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 160 | Cross Training | 1 cr**

Develops power and quickness for the athlete who participates in serious recreational leagues and amateur sports competition; combining plyometrics, agility and speed training.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 161 | Speed, Power, and Agility Training | 1 cr**

Examines the basics of speed, power, strength, plyometric and agility training. Develops techniques necessary for safety and reducing the risk of injury in creating a training program.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 170 | Fitness for Life | 1 cr**

Provides the opportunity for students to implement a personal fitness program using the Wellness and Strength/Conditioning Centers on campus. May be repeated for a maximum of 4 credits.

**Prerequisites:** HLTH 270.

**Offered:** Occasionally.

**PE 174 | Ballet I | 1 cr**

Introduces basic technique, terminology, and history of ballet. May be repeated for a maximum of three credits. Cross-listed with: THEA 174.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 175 | Tap Dance I | 1 cr**

Introduces fundamental skills of American tap dance through movement, choreography, and the examination of dance history. Cross-listed with: THEA 175.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 176 | Jazz Dance I | 1 cr**

Introduces concepts of jazz dance through movement, choreography, and history. May be repeated for a maximum of three credits. Cross-listed with: THEA 176.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 177 | Musical Theatre Dance I | 1 cr**

Explores the role of dance in musical theatre through both performance and research. May be repeated for a maximum of three credits. Cross-listed with: THEA 177.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 178 | Modern Dance I | 1 cr**

Introduces the fundamental skills of modern dance through movement, choreography, and the examination of dance history. May be repeated for a maximum of three credits. Cross-listed with: THEA 178.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 179 | Hip-Hop Dance I | 1 cr**

Introduces elements of hip-hop dance, including technique, movement, musical rhythm, tempo, and phrasing. May be repeated for a maximum of three credits. Cross-listed with: THEA 179.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 180 | Zumba | 1 cr**

Introduces the Zumba fitness program.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 181 | Sports Games | 1 cr**

Explores sports-focused e-sports games. Covers different games each semester. May be repeated for credit with a different topic for a maximum of 8 credits.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 182 | Tactical Games | 1 cr**

Explores tactics-focused e-sports games. Covers different games each semester. May be repeated for credit with a different topic for a maximum of 8 credits.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 183 | Action Games | 1 cr**

Explores action-focused e-sports games. Covers different games each semester. May be repeated for credit with a different topic for a maximum of 8 credits.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 190 | Special Topics in Physical Education Activity | 1 cr**

Examines selected activity-related topics.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 200 | Fundamentals of Coaching | 3 cr**

Introduces general techniques and responsibilities necessary for success in athletic coaching.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 210 | Fundamentals of Sports Officiating | 3 cr**

Introduces general techniques and responsibilities related to athletic officiating in a variety of sports.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 274 | Ballet II | 1 cr**

Emphasizes intermediate/advanced ballet technique and the application of movement principles essential to the training of the dancer. May be repeated for a maximum of three credits. Cross-listed with: THEA 274.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 275 | Tap Dance II | 1 cr**

Focuses on intermediate and advanced tap steps through exercises, choreography, and discussions. May be repeated for a maximum of three credits. Cross-listed with: THEA 275.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 276 | Jazz Dance II | 1 cr**

Focuses on advanced styles and techniques in jazz dance through movement and choreography. May be repeated for a maximum of three credits. Cross-listed with: THEA 276.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 277 | Musical Theatre Dance II | 1 cr**

Focuses on choreographed dance combinations from the musical theatre canon to prepare for professional auditions. May be repeated for a maximum of three credits. Cross-listed with: THEA 277.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 278 | Modern Dance II | 1 cr**

Introduces advanced skills of modern dance through movement and choreography, and examines dance history. May be repeated for a maximum of three credits. Cross-listed with: THEA 278.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 279 | Hip-Hop Dance II | 1 cr**

Focuses on advanced footwork, techniques, and combinations. Emphasizes both technical skills and the geo-political importance of hip-hop. May be repeated for a maximum of three credits. Cross-listed with: THEA 279.

**Prerequisites:** Consent of instructor.

**Offered:** Occasionally.

**PE 301 | Sport Conditioning Practice Design | 3 cr**

Explores aerobic and anaerobic conditioning principles and techniques for developing agility, strength, quickness. Includes practice design for peak performance and labs for basic resistance training, speed and agility techniques.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 305 | Coaching Individual and Team Sports | 3 cr**

Explores techniques necessary to organize, administer, and teach both individual and team sports. Includes individual, small group, team, technical and tactical performance skills at various levels of competition.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 315 | Adapted Physical Education | 3 cr**

Provides knowledge related to handicapping conditions and their effects on motor development and the performance of motor activities. Includes types of conditions considered orthopedic handicaps, learning disabilities, cardio-respiratory disorders, behavioral disorders, sensory impairments, and other temporary and permanent handicapping conditions.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 325 | PE Methods and Curriculum Planning for Children | 3 cr**

Covers how to develop competencies in teaching motor skills, social skills, and fitness through games, sports, and movement experiences. Includes organization of teaching units, classroom management, and selection of methods and materials for pre-school through middle school grade levels.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 335 | PE Methods and Curriculum Planning for Adolescents | 3 cr**

Covers how to develop competencies in teaching motor skills, social skills, and fitness through games, sports, and movement experiences. Includes organization of teaching units, classroom management, and selection of methods and materials for secondary school.

**Prerequisites:** None.

**Offered:** Yearly.

**PE 490 | Special Topics in Physical Education Activity | 1-3 cr**

Examines advanced sport activity related topics.

**Prerequisites:** None.

**Offered:** Occasionally.

**PE 491 | Varsity Field Experience | 1 cr**

Provides the opportunity for advanced training through participation in the varsity athletic program. May be repeated for a maximum of four credits.

**Prerequisites:** Open to all students by tryout; consent of instructor.

**Offered:** Fall, Spring.

**PE 493 | Coaching Practicum | 1 cr**

Provides the opportunity to apply methods and techniques in the coaching profession. May be repeated for a maximum of four credits.

**Prerequisites:** PE 200; approval of advisor and department chair.

**Offered:** Yearly.

**SPMT 100 | Introduction to Sport Management | 3 cr**

Provides an overview of potential careers in the sports industries. Emphasizes skills and abilities needed to successfully obtain and retain a position within the sport field.

**Prerequisites:** None.

**Offered:** Yearly.

**SPMT 110 | Current Issues in Sport Management | 3 cr**

Addresses current issues, events, and headlines in sport management.

**Prerequisites:** None.

**Offered:** Yearly.

**SPMT 190 | Special Topics in Sport Management | 1-3 cr**

Examines selected topics in sport management.

**Prerequisites:** Varies by topic.

**Offered:** Occasionally.

**SPMT 200 | Ethics and Issues in Sport Management | 3 cr**

Explores ethical and behavioral issues as they relate to current issues and problems in sport management. Includes college, youth and professional sport, academic standards, eligibility criteria, sportsmanship, gamesmanship, gambling, diversity, media, athletes as role models, and solving ethical dilemmas confronting professionals in sport management.

**Prerequisites:** None.

**Offered:** Fall, Spring.

**Meets:** Social & Behavioral Science: HKSM

**SPMT 210 | Sport in Society | 3 cr**

Investigates past and present roles sport has played within our society including its impact on our educational system, the media, the family, and economic structures. Addresses heritage, social status, personality and race.

**Prerequisites:** None.

**Offered:** Fall, Spring.

**Meets:** Social & Behavioral Science: HKSM, Ethnic Diversity

**SPMT 220 | Business of Minor League Baseball | 3 cr**

Examines the business and governance structure of minor league baseball. Includes discussion on team ownership, market selection, hiring and human resource approaches, revenue generation and facility operations/expenses.

**Prerequisites:** None.

**Offered:** Spring (odd years).

**SPMT 230 | History of Sport in the United States | 3 cr**

Examines the development and transformation of sport from colonial times through the 21st century. Includes major sporting events and athletes that have helped to shape sport, how sport has intersected with other movements in society such as the civil rights and feminist movements, and, how societal shifts have impacted the trajectory of sport.

**Prerequisites:** None.

**Offered:** Occasionally.

**SPMT 240 | Sports Marketing | 3 cr**

Examines basic marketing concepts with application to sport organizations, including promotions and public relations, sponsorship, endorsements, consumer demographics, consumer behavior and market research.

**Prerequisites:** At least sophomore standing.

**Offered:** Yearly.

**SPMT 241 | Personal Branding and NIL | 3 cr**

Focuses on the understanding of the strategic public relations techniques specifically as they apply to personal brands. Covers the passage of laws and rules governing the ability of student athletes to monetize their name, image and likeness (NIL). Discusses how athletic departments and brands interact with student athletes relative to personal branding and marketing opportunities.

**Prerequisites:** None.

**Offered:** Occasionally.

**SPMT 250 | Game Operations | 3 cr**

Explores game-day operations for sporting events. Includes work at UW-Parkside Athletic events, and shadowing a professional sports team.

**Prerequisites:** None.

**Offered:** Occasionally.

**SPMT 260 | Intramurals, Recreation and Youth Sports | 3 cr**

Explores planning, development, and management of intramural, recreational, and youth sports, including best practices, indoor/outdoor recreation, and tournament scheduling.

**Prerequisites:** None.

**Offered:** Occasionally.

**SPMT 280 | Sophomore Seminar in Sport Management | 1 cr**

Provides opportunity for second-year students in the major to develop skills for both college and career success.

**Prerequisites:** SPMT 100, at least sophomore status.

**Offered:** Yearly.

**SPMT 290 | Special Topics in Sport Management | 1-3 cr**

Examines selected topics in sport management.

**Prerequisites:** Varies with topic.

**Offered:** Occasionally.

**SPMT 300 | Legal Issues in Sport Management | 3 cr**

Explains the basic legal system, terminology and principles as applied to sport management. Emphasizes identifying and analyzing legal issues, the ramification of those issues, and the means of limiting liability of sport organizations. Includes negligence, risk management, and contract law.

**Prerequisites:** Junior or senior standing.

**Offered:** Yearly.

**SPMT 310 | Sports Industry Regulation | 3 cr**

An in-depth study of how professional and amateur sports organizations are governed and regulated. Topics include collective bargaining, league constitutions, commissioner/president powers, agent regulation and facility regulation.

**Prerequisites:** Junior or senior.

**Offered:** Occasionally.

**SPMT 315 | The Business of E-Sports | 3 cr**

Explores the business of e-sports including industry governance/administration, revenue generation and facility operations & development. Multi-career cross-listing: MSSM 515.

**Prerequisites:** At least sophomore status.

**Offered:** Occasionally.

**SPMT 339 | Sustainable Sport Management | 3 cr**

Surveys sustainable business techniques employed by sports organizations in the areas of facility financing, facility development, marketing and event operations. Examines how sports organizations employ marketing techniques focused on and including sustainable/green concepts. Multi-career cross-listing: MSSM 539.

**Prerequisites:** Sophomore standing or above.

**Offered:** Spring (even years).

**SPMT 360 | Sports Communication | 3 cr**

Examines how sports organizations interact with the media and fans/customers through various forms of electronic and social media. Multi-career cross-listing: MSSM 560.

**Prerequisites:** At least sophomore standing.

**Offered:** Yearly.

**SPMT 365 | Sports Broadcasting | 3 cr**

Provides an overview of the basics of sports broadcasting including radio, television and streaming platforms. Includes examination of how individuals enter and operate in the industry and practical application of skills. Multi-career cross-listing: MSSM 565.

**Prerequisites:** At least sophomore status.

**Offered:** Occasionally.

**SPMT 370 | Event Management | 3 cr**

Covers the knowledge and skills necessary for event management through theoretical concepts and practical application. Includes planning, conducting, staffing, financing, and evaluating events. Encompasses development of medical emergency, evacuation, crowd control, registration and risk management plans. Community-based learning designation.

**Prerequisites:** Junior or senior standing.

**Offered:** Fall, Spring.

**Meets:** Community Based Learning

**SPMT 380 | Facility Development and Management | 3 cr**

Explores planning, development, and management of sport and fitness facilities including standard-setting, financial planning, architectural design, functional concerns, budget, and personnel management.

**Prerequisites:** Junior or senior standing.

**Offered:** Yearly.

**SPMT 385 | Junior Seminar in Sport Management | 1 cr**

Provides opportunity to develop problem solving and critical thinking skills in relation to a career in sport. Covers issues and potential solutions that may occur in sport careers.

**Prerequisites:** SPMT 280, minimum of junior standing.

**Offered:** Yearly.

**SPMT 390 | Special Topics in Sport Management | 1-3 cr**

Examines selected topics in sport management.

**Prerequisites:** Varies with topic.

**Offered:** Occasionally.

**SPMT 400 | Sports Analytics | 3 cr**

Examines the design, collection, analysis, and use of data to measure performance and make decisions in competitive sports. Reviews basic concepts and skills needed to develop and apply analytic skills to sport from different perspectives: coaching, management, business, media, etc. Multi-career cross-listing: MSSM 600.

**Prerequisites:** Junior or senior standing.

**Offered:** Yearly.

**SPMT 420 | Sport Business and Finance | 3 cr**

Explores theory and applications in the fundamental business practices to sport management. Covers revenue sources, budget development, ownership, taxation, financial analysis and economic impact studies.

**Prerequisites:** Junior or senior standing.

**Offered:** Fall.

**SPMT 430 | Sport Sales and Customer Service | 3 cr**

Explores basic sales and customer service concepts as applied to sports organizations. Includes sales techniques, prospect identification and customer service principles.

**Prerequisites:** At least sophomore standing.

**Offered:** Yearly.

**SPMT 431 | Advanced Sport Sales Tickets and Premium Seating | 3 cr**

Explores techniques employed by sport organizations to sell tickets. Covers how professional and amateur sport organizations retain and expand ticket sales on a consistent basis. Includes ticketing technology and ticket plans, as well as tactics for new sales, corporate sales, and retention.

**Prerequisites:** SPMT 430.

**Offered:** Yearly.

**SPMT 432 | Advanced Sport Sales: Sponsorships and Corporate Inventory | 3 cr**

Dives into the entire sponsorship process as it relates to athletics and commercial sport operations, including the creation, and application of sponsorships to specific scenarios.

**Prerequisites:** SPMT 430.

**Offered:** Yearly.

**SPMT 435 | Athletic Fundraising | 3 cr**

Examines the development of successful fundraising programs in interscholastic and intercollegiate athletic programs. Multi-career cross-listing: MSSM 635.

**Prerequisites:** Junior or senior standing.

**Offered:** Yearly.

**SPMT 439 | Sport Sales Practicum | 3 cr**

Provides opportunity to develop and apply professional skills through supervised work in the field of sport sales.

**Prerequisites:** SPMT 430, consent of instructor and department chair.

**Offered:** Occasionally.

**SPMT 440 | Advanced Studies in Health and Sport Leadership | 3 cr**

Addresses significant issues faced by industry leaders in health and sport industries and explores practical resolution approaches. Multi-career cross-listing: MSSM 640.

**Prerequisites:** Senior Standing; AHS or SPMT major.

**Offered:** Occasionally.

**SPMT 480 | Senior Seminar in Sport Management | 3 cr**

Provides capstone experience for sport management majors in their last year. Discusses current industry materials and topics. Includes an individual research project.

**Prerequisites:** Accepted into sport management major; senior standing, minimum 2.5 major GPA.

**Offered:** Fall, Spring.

**SPMT 490 | Special Topics in Sport Management: | 1-3 cr**

Examines selected topics in sport management.

**Prerequisites:** Varies with topic.

**Offered:** Occasionally.

**SPMT 494 | Internship | 1-3 cr**

Provides opportunity for practical application of the methods and techniques in various sports fields under supervisions of a SPMT faculty member. May be repeated for a maximum of 6 credits.

**Prerequisites:** Consent of instructor and department chair.

**Offered:** Fall, Spring, Summer.



**SPMT 495 | Fieldwork in Sport Management | 1-12 cr**

Provides supervised field-based sport management experience in the conditions, practices, and environmental settings appropriate for the field. Requires placement approval by SPMT faculty member. Must be completed in the student's last year of coursework.

**Prerequisites:** Accepted sport management major with a minimum major GPA of 2.5.

**Offered:** Fall, Spring, Summer.

**SPMT 499 | Independent Study | 1-4 cr**

Provides opportunity to conduct independent work under appropriate faculty supervision.

**Prerequisites:** Consent of instructor and department chair.

**Offered:** Fall, Spring, Summer.