

EXERCISE AND SPORTS STUDIES B.S.

The exercise and sports studies (ESS) program leads to a bachelor's of science (B.S.) degree of 120 credits, and is designed to provide undergraduate students with the knowledge and skills needed to pursue rewarding careers in the health professions, fitness industry and/or competitive athletics. The ESS academic program is intimately related to the strong group of health professions currently offered at D'Youville University at both the undergraduate and graduate levels, such as physical therapy, chiropractic, and dietetics.

Students are provided with a major foundation of ESS-specific courses and are given the option to select from four areas of specialization (Tracks). An ESS minor also exists to complement other academic areas of study.

The Exercise Studies Track (Track #1)

Provides students with a focus on the exercise and sports sciences and prepares students for careers in the fitness industry, strength and conditioning, or personal training. With a heavier emphasis in the sciences, the Exercise Studies track prepares students for careers designing, evaluating, and prescribing exercise. This track is designed to prepare students for credentialing examinations such as the National Strength and Conditioning Association (NSCA), National Academy of Sports Medicine (NASM), or the American College of Sports Medicine (ACSM).

The Sports Studies Track (Track #2)

Focuses on the social, psychological, business, and management aspects of the sports and fitness industries. This track has a lesser emphasis on the scientific aspects of sports and fitness and prepares students for careers in sports and fitness management, athletic administration, and coaching.

The Health Professions Track (Track #3)

The Health Professions track is designed for students pursuing an advanced degree in either physical therapy or chiropractic. Students who meet admissions and academic performance standards for either graduate program are guaranteed admission into that program upon completion of their ESS B.S. degree. Specific requirements for physical therapy and chiropractic differ slightly. Specific requirements for each are found below.

Pre-Physical Therapy

Students interested in physical therapy matriculate into the sequential-degree program (B.S. in ESS + doctor of physical therapy [D.P.T.] program). Entering freshmen matriculate into and complete a B.S. in ESS under the administration of the ESS department. Students choosing this ESS + DPT track intimately study the basic sciences (chemistry, physics, anatomy and physiology) in addition to the exercise sciences in preparation for the D.P.T. graduate program.

Pre-Chiropractic

Students interested in chiropractic matriculate into the sequential-degree program (B.S. in ESS + doctor of chiropractic [D.C.] program). Entering freshmen matriculate into and complete a B.S. in ESS under the administration of the ESS department. Students choosing the ESS + DC

track intimately study the basic sciences (chemistry, physics, anatomy and physiology) in addition to the exercise sciences in preparation for the chiropractic graduate program.

ESS (Track 1 - Exercise Studies)

Code	Title	Credits
General Education Requirements		30
Required Courses for ESS (Track 1 - Exercise Studies) that meet Liberal Arts and Science Requirements		32
Required Courses for ESS (Track 1 - Exercise Studies)		36
Free Electives		22
Total Credits		120

Required Courses for ESS (Track 1 - Exercise Studies) that meet Liberal Arts and Science Requirements

Code	Title	Credits
BIO-107	Human Anatomy & Physiology I	3
BIO-107L	Human Anatomy & Physiology Laboratory	1
BIO-108	Human Anatomy & Physiology II	3
BIO-108L	Human Anatomy & Physiology II Lab	1
CHE-111	Chemistry for Health Sciences	3
BIO-639	Human Gross Anatomy	6
BIO-639L	Human Gross Anatomy Lab	0
CHE-112	Chemistry for Health Sciences II	2
CHE-113L	Chemistry for the Health Sciences Lab	1
PSY-101	General Psychology	3
SOC-312	Sociology of Sports and Phys Activity	3
LAS Electives	Two (2)	6
Total Credits		32

Required Courses for ESS (Track 1 - Exercise Studies)

Code	Title	Credits
ESS-101	Introduction to Exercise and Sports Studies	3
ESS-201	Principles of First Aid in Athletic Injury	3
ESS-206	Coaching Theory & Methodology	3
ESS-220	Human Biomechanics	3
ESS-232	Sport & Exercise Psychology	3
ESS-270	Exercise and Sports Studies Practicum	3
ESS-301	Fitness Eval & Exercise Prescription	3
ESS-306	Exercise Physiology	3
ESS-410	Strength & Conditioning Seminar	3
ESS-470	Exercise and Sports Studies: Internship	3
ESS-490	Exercise and Sports Studies Seminar	0
HP-203	Medical Terminology	1
DTC-306	Principles of Nutrition	3
DTC-328	Nutrition for Fitness & Athletic Performance	2
Free Electives		22
Total Credits		58

ESS (Track 2 - Sports Studies)

Code	Title	Credits
	General Education Requirements	30
	Required Courses for ESS (Track 2 - Sports Studies) that meet Liberal Arts and Science Requirements	32
	Required Courses for ESS (Track 2 -Sports Studies)	24
	Free Electives	34
Total Credits		120

Required Courses for ESS (Track 2 - Sports Studies) that meet Liberal Arts and Science Requirements

Code	Title	Credits
BIO-107	Human Anatomy & Physiology I	3
BIO-107L	Human Anatomy & Physiology Laboratory	1
BIO-108	Human Anatomy & Physiology II	3
BIO-108L	Human Anatomy & Physiology II Lab	1
PSY-101	General Psychology	3
PSY-203	Lifespan Development	3
SOC-222	Health, Illness and Society	3
SOC-312	Sociology of Sports and Phys Activity	3
SOC-400	Social Epidemiology	3
LAS Electives	Three (3)	9
Total Credits		32

Required Courses for ESS (Track 2 - Sports Studies)

Code	Title	Credits
ESS-101	Introduction to Exercise and Sports Studies	3
ESS-201	Principles of First Aid in Athletic Injury	3
ESS-206	Coaching Theory & Methodology	3
ESS-232	Sport & Exercise Psychology	3
ESS-270	Exercise and Sports Studies Practicum	3
ESS-307	Sports & Fitness Management	3
ESS-410	Strength & Conditioning Seminar	3
ESS-470	Exercise and Sports Studies: Internship	3
ESS-490	Exercise and Sports Studies Seminar	0
Free Electives		34
Total Credits		58

ESS (Track 3 - Pre-Physical Therapy)

Code	Title	Credits
	General Education Requirements	30
	Required Courses for ESS (Track 3 - Pre-Physical Therapy) that meet Liberal Arts and Science Requirements	32
	Required Courses for ESS (Track 3 - Pre-Physical Therapy)	36
	Free Electives	22
Total Credits		120

Required Courses for ESS (Track 3 - Pre-Physical Therapy) that meet Liberal Arts and Science Requirements

Code	Title	Credits
BIO-107	Human Anatomy & Physiology I	3
BIO-107L	Human Anatomy & Physiology Laboratory	1
BIO-108	Human Anatomy & Physiology II	3
BIO-108L	Human Anatomy & Physiology II Lab	1
CHE-111	Chemistry for Health Sciences	3
CHE-112	Chemistry for Health Sciences II	2
CHE-113L	Chemistry for the Health Sciences Lab	1
MAT-123	Introduction to Applied Statistics	4
PHY-111	Introduction to Physics	3
PHY-111L	Introduction to Physics Lab	1
PHY-112	Introduction to Physics	3
PHY-112L	Introduction to Physics Lab	1
PSY-101	General Psychology	3
SOC-312	Sociology of Sports and Phys Activity	3
Total Credits		32

Required Courses for ESS (Track 3 - Pre-Physical Therapy)

Code	Title	Credits
ESS-101	Introduction to Exercise and Sports Studies	3
ESS-201	Principles of First Aid in Athletic Injury	3
ESS-206	Coaching Theory & Methodology	3
ESS-220	Human Biomechanics	3
ESS-232	Sport & Exercise Psychology	3
ESS-270	Exercise and Sports Studies Practicum	3
ESS-301	Fitness Eval & Exercise Prescription	3
ESS-306	Exercise Physiology	3
ESS-410	Strength & Conditioning Seminar	3
ESS-470	Exercise and Sports Studies: Internship	3
ESS-490	Exercise and Sports Studies Seminar	0
HP-203	Medical Terminology	1
DTC-328	Nutrition for Fitness & Athletic Performance	2
DTC-306	Principles of Nutrition	3
Free Electives		22
Total Credits		58

ESS (Track 4 - Pre-Chiropractic)

Code	Title	Credits
	General Education Requirements	30
	Required Courses for ESS (Track 3 - Pre-Chiropractic) that meet Liberal Arts and Science Requirements	36
	Required Courses for ESS (Track 3 - Pre-Chiropractic)	36
	Free Electives	18
Total Credits		120

Required Courses for ESS (Track 4 - Pre-Chiropractic) that meet Liberal Arts and Science Requirements

Code	Title	Credits
BIO-107	Human Anatomy & Physiology I	3
BIO-107L	Human Anatomy & Physiology Laboratory	1
BIO-108	Human Anatomy & Physiology II	3
BIO-108L	Human Anatomy & Physiology II Lab	1
CHE-111	Chemistry for Health Sciences	3
CHE-112	Chemistry for Health Sciences II	2
CHE-113L	Chemistry for the Health Sciences Lab	1
MAT-123	Introduction to Applied Statistics	4
PHY-111	Introduction to Physics	3
PHY-111L	Introduction to Physics Lab	1
PHY-112	Introduction to Physics	3
PHY-112L	Introduction to Physics Lab	1
PSY-101	General Psychology	3
SOC-312	Sociology of Sports and Phys Activity	3
FREE ELECTIVE (FE)		4
Total Credits		36

Required Courses for ESS (Track 4 - Pre-Chiropractic)

Code	Title	Credits
ESS-101	Introduction to Exercise and Sports Studies	3
ESS-201	Principles of First Aid in Athletic Injury	3
ESS-206	Coaching Theory & Methodology	3
ESS-220	Human Biomechanics	3
ESS-232	Sport & Exercise Psychology	3
ESS-270	Exercise and Sports Studies Practicum	3
ESS-301	Fitness Eval & Exercise Prescription	3
ESS-306	Exercise Physiology	3
ESS-410	Strength & Conditioning Seminar	3
ESS-470	Exercise and Sports Studies: Internship	3
ESS-490	Exercise and Sports Studies Seminar	0
HP-203	Medical Terminology	1
DTC-306	Principles of Nutrition	3
DTC-328	Nutrition for Fitness & Athletic Performance	2
Free Electives		18
Total Credits		54

The B.S. in exercise and sports studies (ESS) requires 120 credits. The program offers three tracks, each of which includes 60 credits that meet the D'Youville University general education core requirements along with ESS foundation courses specific to a student's academic focus. Each track also includes additional coursework from a variety of disciplines that round out a students' educational experience.

Good Academic Standing

To be in good academic standing for exercise studies (track #1) and sports studies (track #2), students must:

- Maintain a cumulative GPA of 2.00, and
- Earn minimum grades of C in all courses required for students major.*

To be in good academic standing for health professions (track #3 or #4), students must refer to the section of the academic catalog on physical therapy or chiropractic program requirements.

Academic Probation

Students who are not in good academic standing will be placed on academic probation. Student on academic probation will be limited to 13 credit hours during the semester they are on academic probation.

Dismissal

Students will be dismissed from the ESS program¹ if they:

- Fail to remain in good academic standing while on academic probation or after having been on academic probation during a previous (non-summer) semester, or
- Fail to earn a minimum grade of C in a repeated course.

¹ Students dismissed from track #3 or #4 (ESS + DPT or ESS + DC programs) may be permitted to continue in either track #1 or #2 if they otherwise meet all academic requirements of those tracks.

Appeals

To appeal a decision rendered by the School of Health Professions faculty/administration that has academic consequences, you must follow the appeal procedures which are available at www.dyc.edu/appeals (<http://www.dyc.edu/appeals/>).

Applicant will meet these criteria for entrance into ESS program (**Track #1 and Track #2**):

- High school average of at least 80 percent
- Transfers: must have a minimum of 2.0 GPA

Applicants for entrance into the ESS + D.P.T. program (**Track #3**):

(Refer to physical therapy section of the catalog for admission requirements.)

Students who do not meet admission requirements for track #3 may be given the option of being accepted into either track #1 or track #2 dependent upon past academic performance. After two semesters in good academic standing that includes successful completion of two semesters of science required for the major, students can apply for a change of major into the seven-year ESS + D.P.T. program.

Applicants for entrance into the ESS + Chiropractic program (**Track #4**):

(Refer to chiropractic section of the catalog for admissions requirements)

Students who do not meet admission requirements for the ESS + chiropractic program may be given the option of being accepted into either track #1 or track #2 dependent upon past academic performance. After two semesters in good academic standing that includes successful completion of two semesters of science required for the major, students can apply for a change of major into the seven-year ESS + chiropractic program.