

Prerequisite: Some background in the study of ecological and economic issues are strongly recommended

WOM 120 Women and the Law 3-3-0

This course provides a comprehensive study of the political and legal development of the status of women in Canada, by way of: feminist theory, the division of labour, political culture and human rights. The objectives include an appreciation and understanding of feminist political theory and general principles of legal jurisprudence.

Sports Studies

Faculty

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Program Overview

Sports Studies at Bishop's provides an intensive study of the importance of sport and exercise in society with specific focuses on Athletic Development, Sport Business, and Health and Exercise. The Sports Studies program and its courses belong to the Division of Social Sciences at Bishop's. Sports Studies is offered as both Major (with or without specialized concentrations) and Minor programs. The programs are general Bachelor of Arts degrees designed to encourage students to adopt an interdisciplinary perspective that gathers together the individual, local, national, and international dimensions of sport and exercise. Consequently, they expose students to the social, biological, political, business, and economic aspects of sports in society. The programs also provide opportunity for practical and/or research experiences.

Programs

Sports Studies Major (48 credits) MAJSPO

The Major in Sports Studies is a program of 48 credits (16 courses) divided into four blocks (see the table below, left column). Blocks A, B and C consist of core courses, while block D consists of any five courses (15 credits) chosen from the "*Sports Studies Optional Courses List*" but not already included in Blocks A-C (see the table below, right column). Students are normally expected to complete all of Block C, *Scientific Literacy courses*, in the first year (30 credits) of the program. The Block A course, EXS 127, and two Block B courses, SPO 101 and SPO 201, are also normally completed during the first year. Quebec students who have received **advanced credit** at Bishop's for PSY 101 and/or PSY 102, via their CEGEP studies, must replace these with courses selected from the Sports Studies Optional Courses list (different from those used to fill any of the four blocks, i.e. no double counting).

Program Concentrations

The Sports Studies Major program can be specialized by the addition of any one of three concentrations: i) Athletic Development, ii) Business and Society, or iii) Health. In addition to the 48 credits required for the Major, extra credits in the concentration area are required to earn this designation on the transcript. See the second table below for a complete list of the required courses for each of the concentrations. The Sports Studies Major, with any one concentration, is a 60-credit (20 courses) program. Students deciding to add a concentration must fill out a "program change" form with the Chair of the Sports Studies Program at some point during their program.

Note that students pursuing the Business and Society concentration are not eligible for the minors in Business Administration and Entrepreneurship from the Williams School of Business.

It is possible to add any combination of two of the concentrations. The length of the program will then increase to 81 credits (27 courses). For a double concentration, all of the courses in Blocks A, B, C and E of both concentrations must be completed. The courses which will count for Block D must be different than those used for any of the other blocks. If the desired double concentration is Health combined with Business and Society, then Block D will only be 6 credits. Block D will be 12 credits for the other two possible double concentrations.

Students completing the Athletic Development concentration of the Sports Studies Major will also have completed the requirements of Parts A, B, and C (C1 to C6) of the National Coaching Certification Program (NCCP). More information can be obtained by contacting the Chair of the Sports Studies program.

Electives

Bachelor Degree programs at Bishop's require 120 credits. Quebec students with a DEC receive 30 advanced credits, allowing completion of the degree in three years. Therefore a Sports Studies Major has 72 credits (42 for a Quebec student) of "free elective" courses. Students are encouraged to consider adding a minor from another discipline, or even a second major. Students with a concentration in Sports Studies will still have 60 (30 for Quebec students) free elective credits, enough to pursue additional major or minor specialities.

All Sports Studies students must meet the "Arts and Science" requirement of the University by completing at least one (3 credits) course offered by the Division of Natural Sciences and Mathematics. The Sports Studies Optional courses which satisfy this requirement are: BCH 101, BIO 131, BIO 233, and EXS/BIO 433. A free elective may also be used for this purpose.

Sport Studies Minor (24 credits) MINSPO

The Minor in Sports Studies is a program of 24 credits (8 courses) divided into three blocks: A, B and D (see the table below, middle column). The program can be added to any degree program in the University (other than Sports Studies Major program). If a student's selection of courses to complete Block D consists of SPO 211, EXS 231, EXS 327, EXS 328, and PSY 203*, then the Sports Studies Minor will fulfill the NCCP coaching certification (Parts A, B, and C1 to C6).

*PSY 203 requires PSY 101 or PSY 102 as a pre-requisite.

Sports Studies Major (48 credits)

Block A: Athletic Development

- EXS 127 Introductory Exercise Physiology
SPO 211 The Theory of Coaching
EXS 327 Athletic Performance and Development

Block B: Sports and Society

- SPO 101 Introduction to Sports Studies and the Workplace
SPO 201 Sports, Culture and Society
SPO 301 Athletes and Society
SPO 403 Advanced Seminar in Sports Studies

Block C: Scientific literacy courses

- ENG 116 Effective Writing
PSY 101 Introduction to Psychology: Basic Processes
PSY 102 Introduction to Psychology: Human Interactions

Plus one of:

- BMA 140* Statistical Analysis for Business Decisions I
PHY 101 Statistical Methods in Experimental Science
PSY 213* Research Methods I
SOC 111* Data Collection/Analysis

* Requires a pre-requisite course.

Block D: Sports Studies Optional courses (15 credits)

Note: Students receiving advanced credit for PSY 101 and/or PSY 102 from CEGEP must replace these with Sports Studies optional courses in all Sports Studies programs.

Sports Studies Minor (24 credits)

Block A: Athletic Development

- EXS 127 Introductory Exercise Physiology

Block B: Sports in Society

- SPO 201 Sports, Culture and Society
SPO 301 Athletes and Society

Block D: Sports Studies Optional Courses (15 credits)

Note: If Block D consists of SPO 211, EXS 231, EXS 327, EXS 328, and PSY 203, then the Sports Studies Minor will fulfill the NCCP coaching certification (Parts A, B, and C1 to C6).*

**PSY 203 requires PSY 101 or PSY 102 as pre-requisites.*

Sports Studies Optional Courses List

- EXS 111 Motor Learning and Control
EXS 227 Fitness Assessment in Healthy Populations
EXS 231 Nutrition for Sports and Exercise
EXS 301 Health and Exercise Science
EXS 317 Biomechanics of Human Movement
EXS 327 Athletic Performance and Development
EXS 328 Injury Prevention and Treatment in Sports
EXS 433 Advanced Exercise Science
SPO 211 The Theory of Coaching
SPO 270 Sporting Events Organization
SPO 280 Sports Centre Management and Recreation Planning
SPO 401 Experiential Learning
SPO 402 Independent Study
SPO 406 Special Topics in Sports Studies
SPO 411 Sports Center Practicum
BCH 101 Introduction to Nutrition
BIO 131* Human Body in Health and Disease
BIO 233* Human Anatomy
BMG 214 Intro. to Entrepreneurship: New Venture Creation
BMG 324 Management of Innovation
BMK 362 Sport Marketing
CLA 130 Sports and Games in the Ancient World
ENG 296 Sports Writing
ESG 264 Outdoor Recreation

- HIS 267 History of Sports in Canada
PBI 217† Motivation and Emotion
PBI 275† Health Psychology I
PBI 276† Health Psychology II
PBI 327† Psychology of Nutrition
POL 213 Canadian Sport System and Policy
POL 230 The Politics of Sport
PSY 203† Cognition and Motivation in Sport
PSY 204† The Social Psychology of Sport and Exercise
PSY 277† Physical and Mental Health
SOC 155 The Sociology of Sport
SOC 219 Sociology of the Body
SOC 220 Work and Leisure
SOC 307 Sociology of Health
**may receive credit for only one of BIO 131 and BIO 233*
†these courses all require PSY 101 and/or PSY 102 as pre-requisites.
Note: Some of these courses are only offered on an irregular basis

Athletic Development**Concentration****(60 credits)**

CONSAD

Block A: Athletic Development

EXS 127	Introductory Exercise Physiology
SPO 211	The Theory of Coaching
EXS 231	Nutrition for Sports and Exercise
EXS 327	Athletic Performance and Development
EXS 328	Injury Prevention and Treatment in Sports
EXS 433	Advanced Exercise Science
BIO 131	The Human Body in Health and Disease
PSY 203	Cognition and Motivation in Sport

Block B: Sports and Society

SPO 101	Introduction to Sports Studies and the Workplace
SPO 201	Sports, Culture and Society
SPO 301	Athletes and Society
SPO 403	Advanced seminar in Sports Studies

Block C: Scientific literacy courses

ENG 116	Effective Writing
PSY 101	Introduction to Psychology: Basic Processes
PSY 102	Introduction to Psychology: Human Interactions

One of:

BMA 140*	Statistical Analysis for Business Decisions I
PHY 101	Statistical Methods in Experimental Science
PSY 213*	Research Methods I
SOC 111*	Data Collection/Analysis

** Requires a pre-requisite course.*

Block D: Sports Studies**Optional Courses (12 credits)**

Note: a student will be able to earn a NCCP coaching certification (Parts A, B and C1 to C6) with an Athletic Development Concentration.

Business and Society**Concentration****(60 credits)**

CONSPB

Block A: Athletic Development

EXS 127	Introductory Exercise Physiology
SPO 211	The Theory of Coaching
EXS 327	Athletic Performance and Development

Block B: Sports and Society

SPO 101	Introduction to Sports Studies and the Workplace
SPO 201	Sports, Culture and Society
SPO 301	Athletes and Society
SPO 403	Advanced Seminar in Sports Studies

Two of:

HIS 267	History of Sports in Canada
POL 213	Canadian Sport System and Policy

POL 230* The Politics of Sport

PSY 204* The Social Psychology of Sport and Exercise

SOC 155 Sociology of Sport

Block C: Scientific literacy courses

ENG 116	Effective writing
PSY 101	Introduction to Psychology: Basic Processes
PSY 102	Introduction to Psychology: Human Interactions

***One of:*

BMA 140*	Statistical Analysis for Business Decisions I
PHY 101	Statistical Methods in Experimental Science
PSY 213*	Research Methods I
SOC 111*	Data Collection/Analysis

** Requires a pre-requisite course.*

*** Recommended choice: BMA 140.***Block D: Sports Studies****Optional Courses (6 credits)****Block E: Sports and Business**

BMG 100	Understanding Business and Society
BMK 211	Marketing Management
BMK 214	Consumer Behaviour
BHR 221	Organizational Behaviour
BMG 214	Intro. to Entrepreneurship: New Venture Creation

Note: A student in this concentration is not eligible for a Business Administration Minor.

Health**Concentration****(60 credits)**

CONSPH

Block A: Athletic Development

EXS 127	Introductory Exercise Physiology
SPO 211	The Theory of Coaching
EXS 327	Athletic Performance and Development

Block B: Sports and Society

SPO 101	Introduction to Sports Studies and the Workplace
SPO 201	Sports, Culture and Society
SPO 301	Athletes and Society
SPO 403	Advanced Seminar in Sports Studies

Block C: Scientific literacy courses

ENG 116	Effective Writing
PSY 101	Introduction to Psychology: Basic Processes
PSY 102	Introduction to Psychology: Human Interactions

***One of:*

BMA 140*	Statistical Analysis for Business Decisions I
PHY 101	Statistical Methods in Experimental Science
PSY 213*	Research Methods I
SOC 111*	Data Collection/Analysis

** Requires a pre-requisite course.*

*** Recommended choice: PSY 213.*

Block D: Sports Studies Optional Courses (6 credits)**Block E: Sports and Health***Any 7 (21 credits) of:*

EXS 231	Nutrition for Sports and Exercise
EXS 301	Health and Exercise Science
BCH 101	Introduction to Nutrition
BIO 131*	Human Body in Health and Disease
BIO 233*	Human Anatomy
PBI 275	Health Psychology I
PBI 276	Health Psychology II
PBI 327	Psychology of Nutrition
PSY 277	Physical and Mental Health
SOC 307	Sociology of Health

** May receive credit for only one of BIO 131 and BIO 233.*

List of Courses

EXS 111 Motor Learning and Control 3-3-0

In this introductory course, historical and contemporary theories related to motor learning and control will be presented. Through a series of lectures, workshops, and directed reading, this course will explore the neural basis of movement production, the information processing capacities of the brain, as well as the formation of procedural memory. At the end of the course, students are expected to be able to evaluate the effectiveness of different intervention strategies in the context of skill development.

EXS 127 Introductory Exercise Physiology 3-3-0

This course explores concepts in Exercise Physiology, with applications in Sports Medicine. The student will be challenged to apply basic knowledge of human anatomy and physiology to exercise, training and sports. Adaptation of body systems to exercise, injury and reconditioning will be studied. Basic principles of biomechanics and exercise will be explored. The course will consist of lectures, presentations, discussion periods, and demonstrations.

Note: EXS courses do not fulfill the "Arts and Science" requirement for students in the Divisions of Social Sciences or Humanities

EXS 227 Fitness Assessment in Healthy Populations 3-3-0

This course is designed to provide general guidelines with regards to fitness assessment in healthy populations. Through a series of lectures and workshops (fitness room), students will be exposed to the scientific principles underlying fitness assessment including aerobic and anaerobic energy systems, muscle strength, body composition and gross motor skills. At the end of the course, students are expected to be able to understand different tests and how to apply them with healthy populations. Students will also be asked to develop a critical thinking in order to better appreciate the available scientific literature.

Note that students who successfully completed SPO 406 in 2015 or 2016 may not receive credits for EXS 227.

Prerequisite: EXS 127 Introduction to Exercise Physiology

Note: EXS courses do not fulfill the "Arts and Science" requirement for students in the Divisions of Social Sciences or Humanities

EXS 231 Nutrition for Sports and Exercise 3-3-0

An introduction to the principles of sports nutrition. Application of these principles to various contexts: exercise, fitness, as well as competitive sports environments. Topics include energy requirements for exercise and performance, both for recreational and elite athletes; carbohydrate, protein, fat and micronutrient requirements; carbohydrate and fluid intake prior to, and during exercise; nutrition for post-exercise/performance/injury recovery; dietary supplements; weight loss and "making weight" in sport; contemporary issues.

Prerequisites: EXS 127 Introduction to Exercise Physiology or BCH 101 Introduction to Nutrition or BIO 233

Note: EXS courses do not fulfill the "Arts and Science" requirement for students in the Divisions of Social Sciences or Humanities

EXS 301 Health and Exercise Science 3-3-0

This course examines the relation and links between exercise and health. Using epidemiological studies, students are exposed to the role of physical activity on morbidity and mortality. Primary and secondary health-risk factors are examined relative to the influence physical activity has on them and one's quality of life.

Prerequisites: EXS 127 Introductory Exercise Physiology and a statistics course: SOC 111, PSY 213, BMA 140, or PHY 101.

Note: EXS courses do not fulfill the "Arts and Science" requirement for students in the Divisions of Social Sciences or Humanities

EXS 317 Biomechanics of Human Movement 3-3-0

This course provides an introduction to the biomechanics of human movement and kinesiology. In particular, the kinematics and kinetics of the musculoskeletal system are studied. The course teaches concepts and techniques of analysis, with practical examples taken from sports and exercise, gait analysis, physical rehabilitation, ergonomics and more.

Prerequisites: EXS127 Introductory Exercise Physiology or BIO 233 Human Anatomy

Note: EXS courses do not fulfill the "Arts and Science" requirement for students in the Division of Social Sciences and the Division of Humanities

EXS 327 Athletic Performance and Development 3-3-0

This course explores the many factors influencing athletic performance and its development. Specifically, students will be exposed to the scientific principles of athletic training. Topics will include: power and endurance training, strength training, recovery strategies, field and laboratory tests, periodization of training. The course will consist of lectures, presentations and experiments.

Prerequisites: EXS 227.

EXS 328 Injury Prevention and Treatment in Sports 3-3-0

This course explores topics in exercise physiology relating to sports injuries, their prevention and treatment. Causes of sports injury are also addressed. Building on previous knowledge of basic human anatomy and physiology students will examine how body parts and systems are affected during exercise, sport and injury. The curriculum will be covered in lectures, demonstrations, small group discussions and practical work.

Prerequisites: EXS 127 Introductory Exercise Physiology or BIO 233 Human Anatomy

Note: Students may not earn credit for both EXS 128 and EXS 328.

Note: EXS courses do not fulfill the "Arts and Science" requirement for students in the Divisions of Social Sciences or Humanities

EXS 433 Advanced Exercise Science 3-3-0

This course examines selected topics in Exercise Physiology. Through traditional lectures, directed readings, seminars, and case studies, students will study short-term and long-term adaptations to exercise. We will also examine the scientific principles underlying sports-related topics such as optimizing exercise performance, injuries, and injury repair.

Prerequisite: EXS 327 or BIO 336

Note: See BIO 433. Students may not take this course for credit if they have received credit for BIO 433.

SPO 101 Introduction to Sports Studies and the Workplace 3-2-1

This course provides a general introduction and overview of the field of sports studies. Through a series of case studies, readings, simulations, presentations, written reports and reflections, students will be exposed to the role of different sport specialists in our society and the ways in which they practice their profession. Specifically, this course will explore professions such as: fitness and personal trainer, varsity coach, sports injuries therapist/physiotherapist, sports nutritionist, sports facilities manager, municipal parks and recreation planner/manager, sports journalist, kinesiologist, professional athlete, and more. Effective goal setting and career planning will also be addressed. The laboratory component will consist of the students attending and completing the requirements for an ILT 104 class (though this designation will not occur separately on the transcript). This laboratory component will introduce students to the skills necessary to effectively complete their research assignments and efficiently use the library resources including the online catalogue, periodical indexes and other relevant databases.

Note: This course is meant for students majoring in Sports Studies and is normally completed within the first thirty credits. Students completing this course do not need to take ILT 104 as a co-requisite to any other course, and cannot earn credit for both this course and any ILT 10x course.

Note: Students may not earn credit for both SPO 101 and EXS 101. Credit for EXS 101 may be used to replace SPO 101 in any Sports Studies Major.

SPO 155 Sociology of Sport 3-3-0

A theoretical and empirical introduction to the social organization of sports and how they are mediated.

Note: See SOC 155. Students may not take this course for credit if they have received credit for SOC 155.

SPO 201 Sports, Culture & Society 3-3-0

An interdisciplinary course focusing on the impact of sport on society. Topics include history and philosophy of sport, sport in the ancient world, its relationship to social identity, social hierarchy, media, film, popular culture, business and our economy.

SPO 211 The Theory of Coaching 3-3-0

The aim of this course is to explore the fundamentals of athletic coaching. Through a series of lectures, presentations and workshops, students will be exposed to the theoretical elements that contribute to successful athletic coaching. Topics will include: teaching and learning theories, planning a practice, designing a sport program, coaching and leading effectively.

Prerequisite: SPO 201.

SPO 270 Sporting Events Organization 3-3-0

This course is designed to help students develop the skills and acquire the knowledge required to organize successful sporting events such as tournaments, championships, and conferences. Through lectures, workshops, and case studies, students will learn about the theories supporting sporting events organizations and will have the opportunity to apply these concepts to overcome real-life challenges. Topics related to budget planning, human resources, material and equipment availability, transport, lodging and communication strategies will be discussed.

SPO 280 Sports Centre Management and Recreation Planning 3-3-0

This course is designed to help students develop the skills and knowledge to effectively manage a sports centre as well as design a comprehensive and economically sustainable recreation plan for a community. Through lectures, workshops, and case studies, students will learn about the theories and best-practices supporting successful management in a sport-specific context while also reviewing modern initiatives favouring participation in sport programs. Topics related to resource management, program design for various populations, marketing strategy, and continued participation in sport programs will be discussed.

SPO 301 Athletes & Society 3-3-0

An interdisciplinary course focusing on the social implications of professionalizing sport. Topics include the role of media in professionalizing sport, its effects on amateur athletics, technology and sports, the proliferation of drugs in sport, the business models of sports professionals.

Prerequisite: SPO 201.

SPO 401 Experiential Learning 3-1-10

The aim of this course is to integrate knowledge with a practical component. Although the content focus changes from year to year, the aim of the course is to expose students to the application of what they have learned. The course will mix seminars with practical placements. Topics may include: Marathon running, coaching, assisting in a community sports program, developing exercise programs in hospitals, homes for the aging, convents, or some other care-giving institution.

Prerequisite: SPO 301.

Taken in the final 30 credits of the student's program.

SPO 402 Independent Study 3-3-0

Students are expected to design and carry out research in an area related to Sports Studies. This can be original research, the development of a case study, or a program evaluation.

Prerequisite: SPO 301

Taken in the final 30 credits of the student's program.

SPO 403 Advanced Seminar in Sport Studies 3-3-0

This seminar is an advanced directed study in specialized areas of sport and recreation. Selected topics are presented and critically discussed in small group format. The content of this course will explore a variety of issues and may vary year to year.

Prerequisite: SPO 301 and one of: SOC 111, PSY 213, BMA140 or PHY 101

Only open to students in their final year (last 30 credits).

SPO 406 Special Topics in Sports Studies 3-3-0

A lecture/seminar course offered by regular and visiting faculty on topics related to sports. Topics covered will be dependent on the research interests and expertise of the faculty member instructing. Topics may include: the Olympics movement, doping and anti-doping, sports journalism, sports business, emerging sports, sport history, advanced sports nutrition, adventure sports and more. The course will be offered on an occasional basis.

Prerequisites: Subject to change depending on topic taught. Please contact the Chair of Sports Studies.

SPO 411 Sports Centre Practicum 3-3-0

This course provides an experiential learning opportunity at the John H. Price Sports and Recreation Centre on campus, and is aimed at introducing students to the practice of fitness training and mentoring, and training in various sports and recreational/fitness activities. Students spend up to 10 hrs/week (100+ hours for a semester), volunteering under the close supervision of a member of the staff of the Sports Centre. An outcomes report of the practicum will be expected. Enrolment will be limited and only senior students in good standing (at least 70% cumulative average) will be eligible.

Prerequisites: Permission of instructor