Sports Studies

Faculty

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Objective

The Sports Studies Program at Bishop's provides an intensive study of sport and exercise in society with a primary focus on three themes: Athletic Development, Sport Business, and Exercise and Health. 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 a specialized concentration) and Minor programs. The programs are general Bachelor of Arts degrees, designed to encourage students to develop liberal education competencies while acquiring in-depth knowledge in at least one area of specialization. The programs also provide opportunity for practical experiences.

Program Outcomes

After graduation, students will be qualified to work in the field of athletic development (e.g., as a physical trainer, coach, performance analyst, or member of a support team), in the management business of sport (e.g., administrator of a provincial/national sport organization, municipal leisure department, sport centre, or professional team), or to pursue additional studies in a health-related discipline (e.g., physiotherapy, athletic therapy, public health, etc.).

Sports Studies Major (48 credits) MAJSPO

The Major in Sports Studies is a program of 48 credits (16 courses) divided into core courses (27 credits) and concentration courses (21 credits: see table below). At the time of their choosing during their Bachelor degree, sports studies students will have to "declare" at least one of the three possible concentrations and complete its requirements. Completing two or all three concentrations is possible, yet optional.

Notes:

1) Students pursuing the Business and Society concentration are not eligible to add a Business program offered by the Williams School of Business.

2) Students completing the Athletic Development concentration of the Sports Studies Major will have the possibility to apply for a recognition of achievement via Sports-Québec to obtain a coaching certification (NCCP modules). 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.

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. Popular options among Sports Studies students are BIO 131, BIO 233, and EXS/BIO 433.

Sports Studies Major (48 credits)

Core (27 credits):

SPO 170 Social Media and Sport
EXS 111 Motor Learning and Control
EXS 117 Active Lifestyle, Fitness and Health
SPO 101 Introduction to Sports Studies and the Workplace
SPO 201 Sports, Culture & Society
SPO 211 The Theory of Coaching
SPO 212 Applied Sport Analytics
(SPO 303 Advanced Seminar in Athletic Development and Health
OR
SPO 304 Advanced Seminar in Sport Business)
SPO 416 Knowledge Mobilization in Sports Studies

Athletic Development Concentration (21 credits) CONSAD

Required (6 credits):

EXS 127 Introductory Exercise Physiology
EXS 227 Fitness Assessment in Health Populations

Optional (15 credits):

EXS 327 Athletic Performance and Development
SPO 301 Athletes & Society
SPO 311 Long-Term Athlete Development
EXS 228 Functional Anatomy and Injury Prevention
EXS 231 Nutrition for Sports and Exercise
EXS 317 Biomechanics of Human Movement
EXS 433 Advanced Exercise Science
PSY 203 Cognition and Motivation in Sport: Performance Enhancement
BIO 233 Human Anatomy
SPO 401 Experiential Learning
SPO 402 Independent Study
SPO 411 Sports Centre Practicum
SPO 407 Special Topics in Athletic Development

Business and Society Concentration (21 credits) CONSPB

Required (6 credits):

SPO 270 Sporting Events Organization
SPO 280 Sports Centre Management and Recreation Planning

Optional (15 credits):

BMG 100 Understanding Business and Societies
BMK 211 Marketing Management

BMK 214 Consumer Behavior
BMK 362 Sport Marketing
BMG 214 Introduction to Entrepreneurship: New Venture Creation
BHR 221 Organizational Behaviour
POL 213 Canadian Sport System and Policy
POL 230 The Politics of Sport
ECO 224 Sports Economics
HIS 267 History of Sport in Canada
SPO 311 Long –Term Athlete Development
SPO 401 Experiential Learning
SPO 402 Independent Study
SPO 411 Sports Centre Practicum
SPO 408 Special Topics in Sports Business and Society

Health & Exercise Concentration (21 credits) CONSPH

Required (6 credits):

EXS 231 Nutrition for Sports and Exercise
EXS 301 Health and Exercise Science

Optional (15 credits):

(BIO 131 The Human Body in Health and Disease
OR
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 219 Sociology of the Body
SOC 307 Sociology of Health
SPO 401 Experiential Learning
SPO 402 Independent Study
SPO 411 Sports Centre Practicum
SPO409 Special Topics in Health and Exercise

Sport Studies Minor (24 credits) MINSPO

The Minor in Sports Studies is a program of 24 credits (8 courses) requiring student to complete EXS 111, EXS 117, and SPO 170 as well as 5 additional SPO and/or EXS courses.

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.

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

EXS 117 Active Lifestyle, Fitness and Health 3-3-0

The Active Lifestyle, Fitness and Health course is designed to explore, through a series of lectures and workshops, the scientific principles relating to physical activity, exercise, fitness and health in asymptomatic populations from different age groups. At the end of the course, students are expected to understand the dose-response relationship between a variety of physical activities (e.g. Aerobic and resistance training, leisure activities, etc.) and different fitness outcomes (e.g. Body composition, muscle strength, cardiorespiratory fitness, etc.). Moreover, students will be exposed to a mechanistic approach to understand how fitness is associated with long-term health and longevity. Liberal Education Competencies: Quantitative Reasoning (Introductory), Critical Thinking (Introductory), Information Literacy (Introductory).

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

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 228 Functional Anatomy, Injury Prevention and Treatment in Sport 3-3-0

This course explores topics in functional anatomy relating to sports injuries and their treatment. Mechanisms of musculoskeletal injury will also be presented with a prevention perspective. Through lectures and workshops on basic human anatomy, students will examine how body parts and systems are involved during movement production. This course will provide hands-on opportunities through demonstrations, small group discussions and practical work. Liberal Education Competencies: Oral Communication Skills (Intermediate), Problem Solving (Intermediate).

Prerequisites: EXS 127 Introduction to Exercise Physiology or BIO 233 Human Anatomy

Note: students may not earn credit for both EXS 228 and EXS 328. 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 117 Active Lifestyle, Fitness and Health or EXS 127 Introduction to Exercise Physiology or BCH 101 Introduction to Nutrition or BIO 233 Human Anatomy

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 studies. 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 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 as well as current issues in Sports Studies.

Note: This course is restricted to students majoring in Sports Studies and is normally completed within the first thirty credits

Co-requisite: ILT 141

ILT 141 Information Retrieval and Evaluation Skills for the Social Sciences (Lab) 1-0-1
(Not mandatory unless indicated)
The objective of this laboratory course is to introduce students to the skills necessary to effectively complete their research assignments, including the correct use of library resources, such as the online catalogue, periodical indexes, and other relevant databases. Other areas of study include the identification of key terms for effective searching, productive use of the internet, and the critical evaluation of retrieved resources. Academic integrity, plagiarism, and the correct citation of print and online sources are also covered. Taught in conjunction with a research-based course, the specific resources relevant to research in the Social Sciences are introduced, and the students retrieve the material necessary to complete the essays for their particular course. The course is taught in the library's electronic classroom, and each week the students are given the opportunity for practical experience.

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 170 Social Media and Sport 3-3-0
Social media is now an integral component of the communication strategy of sporting organizations. More than just a marketing tool, social media facilitates a dialogue between organizations and their targeted audience. This reciprocal communication is however complex as it is performed in an ever changing environment: the tools and good practices of today may become obsolete tomorrow. This course is designed to introduce students to current social media theories and their applications in sporting contexts. Liberal Education competencies: Quantitative reasoning (Introductory), Written Communication (Introductory).

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 212 Applied Sport Analytics 3-3-0
Affordable and widely distributed technological tools such as cameras, accelerometers, and smartphones now allow the recording of an overwhelming quantity of information related to individual athletic abilities and/or team performance. With such an abundance of quantitative information, contemporary challenges reside in our capacity to analyze and interpret this data in a meaningful way. Through a series of lectures and workshops, students will be exposed to modern trends in sport analytics as well as tools offering efficient ways to analyze and visualization data. Liberal Education Competencies: Problem Solving (Introductory), Critical Thinking (Intermediate), Quantitative Reasoning (Advanced).
Prerequisite: SOC 211 or PSY 213 or BMA 140 or PHY 101

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 303 Advanced Seminar in Athletic Development / Exercise and Health 3-3-0
This seminar is an advanced directed study in specialized areas of athletic development and health. Using scientific articles published in peer-reviewed journals, selected topics are presented and critically discussed in a small group format led by students. The content of this course will explore a variety of issues and may vary year to year. Liberal Education Competencies: Oral Communication (Advanced), Quantitative Reasoning (Advanced), Critical Thinking (Advanced).
Prerequisites: SPO 201 and SPO 212 and ILT 141
Note: Students may earn credit for only one of the following courses: SPO 303, SPO 304, SPO 403

SPO 304 Advanced Seminar in Sports Business and Society 3-3-0
This seminar is an advanced directed study in specialized areas of sports business and society. Using articles published in peer-reviewed journals, selected topics are presented and critically discussed in a small group format led by students. The content of this course will explore a variety of issues and may vary year to year. Liberal Education Competencies: Oral communication (Advanced), Quantitative Reasoning (Advanced), Critical Thinking (Advanced).
Prerequisites: SPO 201 and SPO 212 and ILT 141
Note: Students may earn credit for only one of the following courses: SPO 303, SPO 304, SPO 403

SPO 311 Long-term Athlete Development 3-3-0
Developing Olympians and professional athletes is a complex endeavor requiring National Sport Organizations to develop a structured, large scale, and multistage plan. This plan must include initiatives to ensure that children are given the opportunity to sample a variety of sporting activities in their early years, develop holistically, and ultimately remain active for life. In this course, students will examine the Long-Term Athlete Development model and its implication for the design of sporting programs. Persistent myths regarding athletic development will also be presented concomitantly with recommendations formulated by the scientific community. Liberal Education Competencies: Oral Communication (Intermediate), Quantitative Reasoning (Advanced), Critical Thinking (Advanced)
Prerequisites: SPO 211 or Permission of instructor

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 407 Special Topics in Athletic Development 3-3-0
A lecture/seminar course offered by regular and visiting faculty on topics related to athletic development. Topics covered will be dependent on the research interests and expertise of the faculty member instructing. The course will be offered on an occasional basis. Liberal Education Competencies will be developed according to the special topic. However, considering it is a 400-level course, it is expected that an advanced level of competency will be acquired at the end of the semester.
Prerequisites: Subject to change depending on topic taught. Please contact the Chair of Sports Studies.

SPO 408 Special Topics in Sports Business and Society 3-3-0
A lecture/seminar course offered by regular and visiting faculty on topics related to sports business and society. Topics covered will be dependent on the research interests and expertise of the faculty member instructing. The course will be offered on an occasional basis. Liberal Education Competencies will be developed according to the special topic. However, considering it is a 400-level course, it is expected that an advanced level of competency will be acquired at the end of the semester.
Prerequisites: Subject to change depending on topic taught. Please contact the Chair of Sports Studies.

SPO 409 Special Topics in Health and Exercise 3-3-0
A lecture/seminar course offered by regular and visiting faculty on topics related to health and exercise. Topics covered will be dependent on the research interests and expertise of the faculty member instructing. The course will be offered on an occasional basis. Liberal Education Competencies will be developed according to the special topic. However, considering it is a 400-level course, it is expected that an advanced level of competency will be acquired at the end of the semester.
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

SPO 416 Knowledge Mobilization in Sports Studies 3-3-0
While possessing sound theoretical knowledge is crucial to lead a team or an organization, the ability to communicate efficiently is of the utmost importance to positively influence the behavior of others and their decision-making. In this course, knowledge mobilization tools and strategies will be presented to allow students to communicate key scientific information to diverse audiences. Through lectures, seminars, and mostly workshops, students will explore a variety of topics related to the three concentrations of the Sports Studies program (Business and Society, Athletic Development, Health and Exercise) and will be invited to present the results of their investigation during the annual Congress of Sports Studies. Liberal Education Competencies: Oral and Written Communication Skills (Advanced), Problem Solving Abilities (Advanced), Information Literacy Skills (Advanced), Creative Thinking (Advanced), Social Confidence and Interpersonal Competence (Advanced)
Prerequisites: ENG 116 and SPO 303 or SPO 304

Electives of interest

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
ECO 224	Sports Economics
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
REL 209	Sports and Religion
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