

General Considerations

- Sport Studies majors must take SPO 101, 201, EXS 127, PSY 101, 102, ELA 116 and the required Statistics course at the earliest point possible in their degree. These courses are foundational for later parts of the program.
- Students who receive credit for PSY 101 and/or PSY 102 through CEGEP equivalent courses must replace these with two other courses selected from the Sports Studies Optional Course List.
- Not all courses are offered every year and some can become full early, so take required courses when they first become available on the Timetable. This is particularly important for more complex programs (e.g. double Major) or if you are intending to spend an exchange semester abroad.
- Respect administrative deadlines. These have important consequences, especially 'add/drop' and 'withdraw with permission' deadlines for courses. If you are enrolled in a course you will get a grade for that course unless you drop or withdraw before the relevant deadline (see the Academic Calendar online). There have been cases where students were not aware that they were enrolled in the course and did not attend but still received a grade of zero, which appeared on their transcript and factored into their average. Check your status before these dates!



This guide applies to students entering Sports Studies in year 2017-2018.

This document is intended as an unofficial aid to help you navigate this major. Refer to the 2017-2018 Academic Calendar for further details, or visit your academic advisor, Dr. M. Trempe, Johnson Hall 005, mtrempe@ubishops.ca



Sport Studies Major

*Program Guide
2017-2018*

Health Concentration (60-credit program)

Block A: Athletic Development - 24 credits (8 courses)

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

Block B: Sports and Society - 12 credits (4 courses)

- 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 - 12 credits (4 courses)

- ELA 116 Effective Writing
- PSY 101 Introductory Psychology: Basic Processes
- PSY 102 Introductory Psychology: Human Interactions

Plus **one** of the following courses in research methods (4 choices):

- SOC 111 Data Collection/Analysis (SOC 110 is pre-requisite)
- BMA 140 Statistical Analysis for Business Decisions I (MAT 196 is pre-requisite)
- PHY 101 Statistical Methods in Experimental Science
- PSY 213 Research Methods I (PMA 260 is prerequisite)

Block D: Sports Studies Options - 6 credits (2 courses)

Choose any 2 courses (not already counted in Block E) from the Sports Studies Optional Courses List (below):

- _____
- _____

Block E: Health - 21 credits (any 7 courses from this list)

- 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 (plus co-requisite lab: BIL 233)
- 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

Sports Studies Optional Course List (for Health)

- 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 328 Injury Prevention and Treatment in Sports*
- EXS 433 Advanced Exercise Science*
- 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 (plus co-requisite lab: BIL 233)*
- BMG 214 Intro to Entrepreneurship: New Venture Creation
- BMG 324 Management of Innovation*
- BMK 362 Sports 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 Sociology of Sport
- SOC 219 Sociology of the Body
- SOC 220 Work and Leisure
- SOC 307 Sociology of Health

* These courses have additional pre-requisites, or require instructor's permission.

[†] May receive credit for only one of BIO 131 and BIO 233.

Electives

Sports Studies Health Concentration students have 60 credits (30 for a Quebec student) of "free elective" courses. Students are encouraged to add a minor or even a major from another discipline.

1. Most minor programs at BU are 24 credits (8 courses).
2. Most major programs at BU are 48 credits (16 courses)
3. Courses which are required in both programs of study are double-counted.
4. Students with a concentration will still have 60 (30 for Quebec students) free elective credits, enough to pursue additional major or minor specialities.
5. Choosing (any) two Sports Studies concentrations is allowed. This increases the program to 81 credits. See the Program chair for details and to sign up.

As a student at Bishop's it is your responsibility to manage your own program to a successful completion. At a minimum this involves:

1. Ensuring that you **are** enrolled in the Major and the desired concentration (if any). The Records Office uses the program codes: SPO (default major), SPB (Business and Society), SAD (Athletic Development), SPH (Health).
2. Ensuring you have received credit for all courses necessary for each program Block. Be aware: some courses have prerequisites to be completed first.
3. Ensuring that you have earned the total number of lecture credits required by the University to graduate. To graduate with a B.A., Sports Studies Major, requires 120 credits (40 courses total) + satisfying the EWP—English Writing Proficiency exam. Note: Students with a Cegep DEC receive 30 credits of advanced standing.
4. Ensuring that you have received credit for at least one course selected from the Division of Natural Sciences and Mathematics, to satisfy the "Faculty of Arts and Science Requirement" (p. 191 of the University Academic Calendar).
5. Ensuring with the Records' Office that any credits earned at other universities are appropriately transferred to your Bishop's program.
6. Paying all fees and library fines and submitting an "intent to graduate" form.