

General Considerations

- The Major in Sports Studies is a program of 48 credits (16 courses) divided into core courses (27 credits) and concentration courses (21 credits). 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.
- SPO212 has a pre-requisite, which is offered outside of the Sports Studies Department. Options are **SOC211**, **PSY213**, **BMA 140** or **PHY101**. Also, some of these courses have their own pre-requisite (e.g. SOC110 for SOC211).
- SPO416 has a pre-requisite, ENG116, which is offered by the English Department. Students are encouraged to complete this pre-requisite as early as possible in their degree.
- Some of our courses have internal pre-requisites (within our department). When entering the program, ensure that you plan your course sequence appropriately. Do not hesitate to contact the Chair of the Department in order to obtain some assistance in this process.
- 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 BIO131, BIO233, and EXS/BIO433.
- 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).
- Graduating with a B.A. Sports Studies requires 120 credits + satisfying the English Writing Proficiency requirement (i.e., passing the 2-hour EWP exam or EWP 099). Students admitted on the basis of the CEGEP *Diplôme d’études collégiales* (D.E.C.) are normally granted 30 credits of advanced credits, reducing a 120 credit requirement to 90 credits or three years of fulltime study.
- The Minor in Sports Studies is a program of 24 credits (8 courses) requiring students to complete EXS111, EXS117, and SPO170 as well as 5 additional SPO and/or EXS courses.



Major in Sports Studies (48-credit program)

*Program Guide
2019-2020*

Core Courses: 27 credits (9 courses)

- SPO170 Social Media and Sport
- EXS111 Motor Learning and Control
- EXS117 Active Lifestyle, Fitness and Health
- SPO101 Introduction to Sports Studies and the Workplace
- SPO201 Sports, Culture and Society
- SPO211 The Theory of Coaching
- SPO212 Applied Sports Analytics
- SPO303 Advanced Seminar in Athletic Development and Health
- Or
- SPO304 Advanced Seminar in Sport Business
- SPO416 Knowledge Mobilization in Sports Studies

This guide applies to students entering Sports Studies in Academic year 2019-2020.

*This document is intended as an unofficial aid to help you navigate this major. Refer to the 2019-2020 Academic Calendar for further details, or visit your academic advisor, Dr. Nicolas Berryman, Johnson 104C.
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**Athletic Development:
21 credits (7 courses)**

Required (6 credits – 2 courses)

- EXS127 Introductory Exercise Physiology
- EXS227 Fitness Assessment in Healthy Populations

Optional (15 credits – 5 courses)

- EXS327 Athletic Performance and Development
- SPO301 Athletes and Society
- SPO311 Long-Term Athlete Development
- EXS228 Functional Anatomy and Injury Prevention
- EXS231 Nutrition for Sports and Exercise
- EXS317 Biomechanics of Human Movement
- EXS433 Advanced Exercise Science
- PSY203 Cognition and Motivation in Sport: Performance Enhancement
- BIO233 Human Anatomy
- SPO401 Experiential Learning**
- SPO402 Independent Study**
- SPO411 Sports Center Practicum**
- SPO407 Special Topics in Athletic Development

**Business and Society*:
21 credits (7 courses)**

Required (6 credits – 2 courses)

- SPO270 Sporting Events Organization
- SPO280 Sports Centre Management and Recreation Planning

Optional (15 credits – 5 courses)

- BMG100 Understanding Business and Society
- BMK211 Marketing Management
- BMK214 Consumer Behavior
- BMK362 Sport Marketing
- BMG214 Introduction to Entrepreneurship: New Venture Creation
- BHR221 Organizational Behaviour
- POL213 Canadian Sport System and Policy
- POL230 The Politics of Sport
- ECO224 Sports Economics
- HIS267 History of Sport in Canada
- SPO301 Athletes and Society
- SPO311 Long-Term Athlete Development
- SPO401 Experiential Learning**
- SPO402 Independent Study**
- SPO411 Sports Center Practicum**
- SPO408 Special Topics in Business and Society

*Students pursuing the "Business and Society" concentration are not eligible for a Business Administration minor from the Williams School of Business.

**Health & Exercise
21 credits (7 courses)**

Required (6 credits – 2 courses)

- EXS231 Nutrition for Sports and Exercise
- EXS301 Health and Exercise Science

Optional (15 credits – 5 courses)

- BIO131 The Human Body in Health and Disease Or
- BIO233 Human Anatomy
- PBI275 Health Psychology I
- PBI276 Health Psychology II
- PBI327 Psychology of Nutrition
- PSY277 Physical and Mental Health
- SOC219 Sociology of the Body
- SOC307 Sociology of Health
- SPO401 Experiential Learning**
- SPO402 Independent Study**
- SPO411 Sports Center Practicum**
- SPO409 Special Topics in Health and Exercise

**For students wishing to complete 2 or 3 concentrations, SPO401, SPO402, and SPO411 will count as optional courses in only one concentration.