



B.S. in Sport Studies

Major Information

The Bachelor of Science Degree in Sport Studies, offered by the Department of Physical Education, provides students with the opportunity to explore sport, movement disciplines, exercise and wellness within a trans-disciplinary curriculum. Five cognate areas of specialization are available within this major. Building on required coursework and discrete electives in Physical Education, **these cognate areas are:**

Human Development and Learning

Social Foundations of Sport

Human Movement Sciences

Sports Communication

Sports Management

The B.S. Degree in Sport Studies prepares students to work in the wellness, recreation and sport industries, as well as gain admission to a range of graduate programs supporting practice and research in human performance and the allied health professions.

Areas of Specialization

Cognate areas are supported by coursework in academic disciplines found across the University. Students begin by taking coursework offered through the Department of Physical Education and then, guided by their interest and aptitude, study with faculty who specialize in a range of areas associated with sport and human movement.

Your Four-Year Journey At SBU

During your...

First Year: Students begin taking Clare courses to meet the requirements of the core curriculum and be introduced to foundational coursework in biology, sport, wellness and human movement. Students also get a taste of the new Health & Human Performance Lab, a state of the art facility where they can apply the skills learned within the classroom and participate in faculty led research projects.

Second Year: Students will continue with their Clare coursework as well as begin to study human anatomy and physiology and specialized coursework in their selected cognate area.

Third Year: Students focus on the analysis of movement, exercise physiology and the prevention and care of athletic injuries. Additional coursework will be undertaken in the student's cognate area and elective coursework allows students to individualize their plan of study based on evolving interests.

Fourth Year: Coursework in the psycho-social aspects of sport and human movement is undertaken, "hands-on" experience is gained through a directed study/internship, coursework in the student's cognate area of study is completed and elective study continues. Students complete their undergraduate courses by participating in the Clare College capstone course *The University Forum*.