

Montgomery County Community College
 ESW 102
 Introduction to Exercise Science, Wellness and Sport Studies
 3-3-0

COURSE DESCRIPTION:

This ESW major's course is designed to provide foundational knowledge in exercise science, wellness, and sport studies through a broad range of classroom presentations and service learning experiences as well as integration of technology. Students will explore the various professional opportunities in the field and will develop an educational and professional plan to support their career aspirations.

REQUISITES:

Previous Course Requirements

None

Concurrent Course Requirements

None

LEARNING OUTCOMES Upon successful completion of this course, the student will be able to:	LEARNING ACTIVITIES	EVALUATION METHODS
1. Discuss the dynamic nature of the field of Exercise Science and Wellness.	Observations Lesson planning Lecture Group discussions Research Guest Speakers Service Learning Written assignments Career Spotlights Physical Activities Technology Interviews	Interview Assignment Educational Plan Observation Exams Case Study Research Project

LEARNING OUTCOMES	LEARNING ACTIVITIES	EVALUATION METHODS
2. Explore the broad range of professional opportunities in exercise science, wellness and sport studies with the intent of identifying an area of career specialization.	Observations Lesson planning Lecture Group discussions Research Guest Speakers Service Learning Written assignments Career Spotlights Physical Activities Technology Interviews	Interview Assignment Educational Plan Observation Exams Resume Portfolio Business Plan Case study
3. Describe how human movement, in all its forms and expressions, contributes to one's full development and total health across a lifespan.	Observations Lesson planning Lecture Group discussions Research Guest Speakers Service Learning Written assignments Physical Activities Technology Interviews	Case Study Exams Lesson Plans Research Project
4. Apply the foundational knowledge of exercise science, wellness, and sports studies in developing and implementing community enrichment activities.	Observations Lesson planning Lecture Group discussions Research Guest Speakers Service Learning Written assignments Physical Activities Technology Interviews	Service Learning Lesson Plans Business Plans Portfolio

At the conclusion of each semester/session, assessment of the learning outcomes will be completed by course faculty using the listed evaluation method(s). Aggregated results will be submitted to the Associate Vice President of Academic Affairs. The benchmark for each learning outcome is that *70% of students will meet or exceed outcome criteria.*

SEQUENCE OF TOPICS:

1. Principles and scope of exercise science, wellness, and sport studies
2. ESW – past, present, and future
3. Philosophy
4. Professional opportunities
5. Career selection and preparation
6. Relationship of physical activity health across a lifespan.
7. Opportunities and challenges
8. Issues in sports and sport ethics
9. Certifying organizations and professional memberships
10. Service learning
11. Lesson planning
12. Research techniques
13. SMART Goals
14. Technology in the field

LEARNING MATERIALS:

Supplemental open source information will be provided to the students by the instructor. The students will use the current journals from the Library data base and Internet websites. Journals and websites include but not limited to:

Exercise Quarterly for Exercise and Sport

ACSM'S Health & Fitness Journal

Strength & Conditioning Journal

www.ACSM.org

Other learning materials may be required and made available directly to the student and/or via the College's Libraries and/or course management system.

COURSE APPROVAL:

Prepared by: John Flynn	Date: 8/1998
Revised by: Marie Cantwell and Dr. Anne Livezey	Date: 2/2009
VPAA/Provost Compliance Verification: Dr. John C. Flynn, Jr.	Date: 9/11/2009
Revised by: Marie Cantwell and Dr. Anne Livezey	Date: 3/2010
Revised by: Dr. Anne Livezey	Date: 6/2012
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 6/18/2012
Revised by: Amanda Wooldridge and Dr. Anne Livezey	Date: 7/2014
VPAA/Provost or designee Compliance Verification: Victoria L. Bastecki-Perez, Ed.D.	Date: 12/2014
Revised by: Dr. Anne Livezey	Date: 1/7/2018
VPAA/Provost or designee Compliance Verification:	Date: 1/10/2018

A handwritten signature in cursive script, appearing to read "Jul-fws".

This course is consistent with Montgomery County Community College's mission. It was developed, approved and will be delivered in full compliance with the policies and procedures established by the College.