

Exercise and Sport Sciences

The primary goal of the exercise and sport sciences (ESS) major is to develop life-long learners who have the knowledge, skills, and aptitudes for service in careers in exercise, sport, and health venues or to pursue graduate study in the field of ESS (e.g., exercise physiology, sport psychology) or professional programs (e.g. physical/occupational therapy, athletic training). Students will select either the health and fitness or sports medicine track.

The **health and fitness track (ESS: HFIT)** focuses on the maintenance and improvement of physical health and fitness, while preparing students for a wide variety of exercise, sport, and health science careers. Examples of HFIT careers include fitness or wellness director, personal trainer, and strength and conditioning coach. This track also prepares students for graduate study in one of the ESS sub-disciplines of exercise physiology, biomechanics, sport psychology, sport sociology, or physical education. Additionally, HFIT majors may pursue graduate study in a related field such as health education, health promotion, or nutrition. When combined with a health sciences major, this track also provides an avenue for application to physical therapy, occupational therapy, and physician assistant programs. Embedded within the health fitness track is the opportunity to pursue a specialization in strength and conditioning through a curriculum that is recognized by the National Strength & Conditioning Association (NSCA). Many required courses include focused study related to the knowledge, skills, and aptitudes (KSAs) that have been identified by the NSCA as requisite for employment in strength and conditioning. An internship that is supervised by a Certified Strength & Conditioning Specialist (CSCS) will further develop the KSAs for strength and conditioning. SPST 455: Science of Strength & Conditioning, taken in the senior year, will help to prepare students to sit for the CSCS exam themselves.

The **sports medicine track (ESS: SMED)** educates students on the prevention, treatment, and rehabilitation of injuries/illnesses to the athletic and other active populations. This track is designed to develop students who are both grounded in the liberal arts and who have a comprehensive didactic and clinical background in the study of the human body and the specific theories and practices of the field. The sports medicine track will appeal to students who are pursuing careers and/or future study to prepare for careers in athletic training, physical therapy, occupational therapy or other such rehabilitative career options. With the completion of the sports medicine track, students may seek a masters' degree in athletic training and then pursue the NATABOC certification. This program offers a route for students to engage in co-curricular activities (e.g., athletics, student government) and obtain athletic training experience. The department recommends that students who are interested in health professions including physical/occupation therapy, medicine and physician assistant pursue a double major with health sciences. This track taken in conjunction with the health science major will strengthen the background of students wanting to pursue graduate or professional degrees in related fields.

Why Guilford College?

Consistently rated nationally by *The Princeton Review* as well as being one of the 40 colleges in *Colleges that Change Lives* by Loren Pope, Guilford College inspires each student to achieve excellence through an engaging community, rooted in Quaker values, which nurtures creativity and social responsibility.

What can a Guilford education offer you?

- An urban setting near other colleges & universities with an area student population of over 27,000 students
- A consortium agreement with University of North Carolina at Greensboro, Greensboro College, Bennett College, North Carolina A&T State University, Elon University and High Point University provides students with access to courses free of charge
- A college mission statement & core values based on, and consistent with, Quaker testimonies. Guilford's core values are: Community, Diversity, Equality, Excellence, Integrity, Justice & Stewardship.
- A challenging academic program which emphasizes not only academic tracks and the learning process, but also the interconnection between curricular and co-curricular pursuits
- A diverse student population providing a stimulating peer environment
- Excellent study abroad programs in China, England, France, Germany, Ghana, Ireland, Italy, Japan, Mexico, Netherlands, Scotland, Spain, and Wales

The academic program in Exercise and Sport Sciences

The Bachelor of Science degree is offered in Exercise and Sport Sciences. Concentrations are offered in Sport Administration, Sport Marketing and Dance.

Required courses for the Exercise and Sport Sciences major

The ESS major requires a minimum of 56 credit hours. Students will choose one of two tracks: health and fitness (60 credit hours) or sports medicine (56 credit hours). A five-course core is common to both tracks, plus a minimum of six emphasis courses. Both tracks offer some flexibility for students to develop an individual plan of study with the guidance of their advisors.

Special Features

- Labs, field trips, and other hands-on experiential activities are included in several of the required courses. The exercise science laboratory is equipped with a multi-function Quinton treadmill, a Monarch bicycle ergometer, a Concept 2 rowing ergometer, strength dynamometers, skinfold calipers, and human skeleton models.
- SPST 455: "The Science of Strength & Conditioning" course prepares students to sit for a certification from the National Strength & Conditioning Association. The course professor, Dr. Kathy Tritschler, is a Certified Strength & Conditioning Specialist NSCA and a Certified Health / Fitness Specialist ACSM.

Internships

Students may elect to complete an internship under the supervision of a faculty member in this department and receive credit for the experience. Such internships give majors the "hands-on" experience which is so necessary in this field. Among locations where Exercise and Sport Sciences majors have completed internships are the following: Alex W. Spears YMCA; Velocity Sports Performance; Strength Program, Duke University Football; Triad Yoga Institute; Murphy Wainer Orthopedic Specialists.

Where do graduates go?

Some Exercise & Sport Sciences graduates immediately seek employment; others choose to apply to either a graduate or professional program. Here's what some of our recent graduates are doing:

- Wellness Counselor, Asheville YMCA, Asheville, NC
- Personal Trainer, Washington Athletic Club, Seattle, WA
- Masters in Exercise Science, University of Tennessee-Chattanooga
- Performance Enhancement Specialist, Velocity Sports, Greensboro, NC
- Doctor of Physical Therapy, Elon University
- Masters in Public Health, Georgia State University
- Masters in Exercise Physiology, UNC-Chapel Hill

Faculty

Kathy Tritschler, Professor, Coordinator of Health and Fitness Track; ktritsch@guilford.edu

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For additional information about Exercise and Sport Sciences at Guilford College visit www.guilford.edu/academics

