HEALTH, EXERCISE, AND SPORT STUDIES

Departmental Guidelines
Liberal-arts colleges such as Denison University strive to cultivate an atmosphere in which individuals gain an appreciation and capacity for sustained personal growth. This self-disciplined approach to personal growth will result in autonomous thought, moral discernment, and contributions to a democratic society. Our department offers the community an extensive environment in which individuals pursue these shared values.

While tradition dictates the department have three aspects - Athletics, Recreation, and Academic Curriculum - the philosophy of the three areas need not be segmented. Put simply, the department pursues the advancement of the individual through the instructional medium of the physical body. We believe that study of the body and its complexity deepens comprehension. Physical exercise improves physical capacity. Performance guides self-referential thought. Competition yields a drive for improvement. And that striving for success within a team enlightens the ties that shape community. At each level, there is agreement that individuals must exercise autonomous thought, act individually within the context of their moral structure, and contribute to the shared environment.

Experiences within this department will facilitate the desire to: achieve personal insight, clarify values, orient action, refine effort, and encounter success.

Faculty
Administration
Nan Carney-DeBord, Associate Vice President; Director of Athletics & Recreation; Chair & Professor of Health, Exercise, and Sport Studies
Sara Lee, Associate Athletics Director and Senior Woman Administrator
Gregory Lott, Assistant Athletics Director
Eric Winters, Chair of Health, Exercise, and Sport Studies Curriculum Committee
Marti Halm, Administrative Assistant to Health, Exercise, and Sport Studies

Faculty
Professors: Nan Carney-DeBord, Sara Lee, Gregg Parini; Associate Professors: Michael Caravana, Bob Ghiloni, Tiffany Ozbun, Eric Winters; Assistant Professors: Jason Badecki, Amanda Daniels, Michael Deegan, Mark FitzPatrick, Jack Hatem, Gregory Lott, Gail Murphy, Rob Russo; Instructor: Carter Cassell; Visiting Assistant Professor: Robert Bennett III

View faculty profiles and contact information (https://denison.edu/academics/health-exercise-sport-studies/contacts)

Health, Exercise, and Sport Studies Major
Within our department, the study of health is within the tradition of physical medicine and rehabilitation, as well as community and individual well-being. The study of physical exercise is an exploration of the relationships between the structure of the body and its function. The study of sport seeks to examine the pervasive social institution of sport from a variety of perspectives, applying theory to the experience of the individual, the community, and the sport context.

Graduation Requirements
1. Complete the following HESS 200-level courses: HESS 200 - History and Philosophy of Health and Sport, HESS 201 - Fundamentals Health & Exercise, HESS 202 - Applied Anatomy.
2. Complete four courses within the HESS 300's (Excluding HESS 350-91).
3. Complete three courses within the HESS 400's.
   a. Students may choose to complete BIOL 334 - Comparative Physiology: Human and non-human animals as one course within this category.
   b. Students who complete both HESS 451 - Senior Research and HESS 452 - Senior Research will satisfy one course within this category.
4. Complete three credit hours during the senior year within HESS 350-91.

Physical Education Activity
All PHED 100-level offerings are activity classes/intercollegiate sports and are offered for S/U credit. A student may count no more than four credits for participation experiences towards graduation that are credited S/U, unless such credits in excess of four are required for the student's major or minor. One and two credit hour PHED activity courses are offered for 14 weeks during the 1st and 2nd semester. Seasonal sport activities are offered for 7 weeks each quarter for 1/2 credit.

Courses
HESS 100 - First Aid and CPR (1 Credit Hour)
It is expected that students will master the techniques and skills that are associated with the primary and secondary injury survey, immediate care, basic life support, and injury stabilization. Students who master the standards will receive American Red Cross certification in first aid and CPR.

HESS 101 - Women in Sport (4 Credit Hours)
This course is designed to give students a comprehensive look at women in sport: past, present and future. This course will examine, analyze and synthesize the issues surrounding women within sporting culture. Each topic will be examined through readings, films, class discussions and reflect sport from historical, psychological, sociological, physiological, political and philosophical perspectives.

Crosslisting: WGST 320.

HESS 102 - Contemporary Issues in Physical Education, Health and Sport (3 Credit Hours)
An overview of the current, primary issues in the world of sport. Most primary issues impacting sports are covered, but include topics such as gender equity, race and ethnicity, media involvement, economics of sport.

HESS 103 - Coaching Methods (4 Credit Hours)
An introduction to the practice of coaching. Students will explore different coaching philosophies and the methods by which these philosophies are incorporated into practice. Students will read about various leading coaches in order to compare their methods. Current issues and trends at all age levels within the field will be discussed.

HESS 199 - Introductory topics in Athletics, Recreation and Health, Exercise and Sport Studies (1-4 Credit Hours)
A general category used only in the evaluation of transfer credit.
HESS 200 - History and Philosophy of Health and Sport (4 Credit Hours)
This course will examine the historical foundations of physical education, health and athletics through a study of the development of each area. Students are introduced to the different philosophical theories that have influenced the field and will start to develop their own philosophy. Students will discuss moral reasoning and ways to develop principles that will help preserve ethical values in sport. The psychological, sociological and cultural aspects of sport will be reviewed.

HESS 201 - Fundamentals Health & Exercise (4 Credit Hours)
This course is designed to present introductory material that pertains to the study of health and exercise. Material presented during course include: organization of body’ systems and the role of exercise on those systems, medical terminology, common medical conditions, principles of fitness, fundamentals of nutrition, common behavioral theories and psychology of sport, as well as principles of motor behavior and kinetics.

HESS 202 - Applied Anatomy (4 Credit Hours)
An in-depth study of the organization and function of anatomical structures within the human body. Topics include: skin, connective tissue, nervous, musculature, skeletal, digestive, respiratory, cardiovascular, endocrine, and urinary systems. The laboratory component of the class includes cad dissection and skeletal system identification.

HESS 290 - Special Topics Introductory (2-4 Credit Hours)
Temporary courses that are intended to augment specific areas of interest within health, exercise, and sport studies. Courses will provide students with the opportunity to explore the fundamental knowledge and principles commonly utilized within the field.

HESS 299 - Intermediate topics in Athletics, Recreation and Health, Exercise and Sport Studies (1-4 Credit Hours)
A general category used only in the evaluation of transfer credit.

HESS 300 - Personal and Community Health (3 Credit Hours)
A study of the biological, psychological, and sociological data underlying a full spectrum of health related behaviors. A variety of topics including physical health, sexual habits and health, drug and alcohol use and family dynamics will be covered. In addition, students will complete a number of self-assessments with respect to their related behaviors.

HESS 301 - Psychology of Sport (4 Credit Hours)
This course will explore the theoretical and empirical research pertaining to the psychological structure of performance. Using the Social Cognitive Theory as a foundation, this class explores the structure and dynamic interactions between personal factors, environmental/situational factors, and behavior. Specific subjects include, personality, motivation, self-regulation, arousal/anxiety, attribution, and communication.

HESS 302 - Nutrition (4 Credit Hours)
This course is designed to present the foundation of nutrition as it relates to healthful living and athletics. Student will study the physiological processes involved in nutrition, as well as healthy eating habits, nutritional programming, and the disorders involved in the nutritional realm.

Prerequisite(s): HESS 300.

HESS 303 - Therapeutic Modalities (4 Credit Hours)
This course is designed to present the fundamental principles that govern the use of various therapeutic modalities associated with physical rehabilitation. We will specifically discuss the physical principles of infrared, acoustical, and electrical energy, exploring the mechanisms by which these forms of energy augment the restoration of the body. At each step, we will take time to practice therapeutic applications using prevailing standards of care. This course will explore the importance of health and healing. At the conclusion of the class students will have a greater appreciation for the nexus between the concepts of health, healing and biomedical treatment. Within this class, the art of oral communication as practiced within health care is explored. Students will develop competence in oral communication and the skillful using body language.

HESS 304 - Kinesiology (3 Credit Hours)
This course is a study of the anatomical and mechanical fundamentals of human motion. The course will examine various joint systems in the body with an emphasis on the forces and biomechanical factors that operate on the muscles, connective tissue and bones in each joint system. Sports specific movements and injury risk factors will also be discussed.

Prerequisite(s): HESS 202.

HESS 305 - Chronic Disease Prevention (4 Credit Hours)
This is a course aimed at introducing students to the behavioral basis of diseases. It provides an important foundation for students in the understanding of diseases and the role of behavioral decision making in chronic disease prevention. Emphasis will be placed on the behavioral aspects of disease processes, as well as its relationship to public health and health promotion.

HESS 350 - Practicum (0.5-3 Credit Hours)
This course provides students with the opportunity to design, implement, and present the results of their senior year experience.

HESS 361 - Directed Study (1-4 Credit Hours)
A course offered in the Fall semester. Approved students have the opportunity to explore an area of study under the direction of a member of the faculty. This course also provides approved students with the opportunity to participate in directed student research.

HESS 362 - Directed Study (1-4 Credit Hours)
A course offered in the Spring semester. Approved students have the opportunity to explore an area of study under the direction of a member of the faculty. This course also provides approved students with the opportunity to participate in directed student research.

HESS 363 - Independent Study (1-4 Credit Hours)
A course offered in the Fall semester. Students who have a desire to independently explore a subject of their own choosing are invited to seek the approval of a member of the department faculty. Once approved, the student will meet periodically with their faculty sponsor in order to discuss their progression.

HESS 364 - Independent Study (1-4 Credit Hours)
A course offered in the Spring semester. Students who have a desire to independently explore a subject of their own choosing are invited to seek the approval of a member of the department faculty. Once approved, the student will meet periodically with their faculty sponsor in order to discuss their progression.

HESS 390 - Special Topics Advanced (4 Credit Hours)
Temporary courses that are intended to augment specific areas of interest within health, exercise, and sport studies. Courses will provide students with the opportunity to apply the fundamental knowledge and principles instructed within fundamental courses.
HESS 399 - Advanced topics in Athletics, Recreation and Health, Exercise and Sport Studies (1-4 Credit Hours)
A general category used only in the evaluation of transfer credit.

HESS 401 - Organization and Administration of Athletics and Physical Education (4 Credit Hours)
Students will study the administration of athletics, physical education and club/intramural sports. Students will be introduced to the various means of structuring an organization in order to achieve the objectives of physical education and athletics. The course will cover budget and various management functions, as well as the essential elements of leadership needed for the efficient administration of sport related programs.

HESS 402 - Orthopedic Injury and Illness Assessment (4 Credit Hours)
This course provides an opportunity for students to comprehend and master the techniques by which orthopedic injuries and common illnesses are evaluated by health care professionals. Each week students are presented with practice session in which the evaluative techniques discussed during lecture are demonstrated and mastered.
Prerequisite(s): HESS 202.

HESS 403 - Exercise Physiology (3 Credit Hours)
The primary purpose of this course is to study the effects of physical activity on human physiology. Various forms of exercise are considered relative to both their immediate and long-range effects. This course requires the fundamental capability to calculate and evaluate quantitative information.

HESS 404 - Therapeutic Exercise in Athletic Training (4 Credit Hours)
This course is designed to present the foundation of therapeutic exercise common to the area of physical medicine and rehabilitation. From the principles of Wolff's Law, Arndt-Shultz, Stress Strain, Stretch-Reflex, and Kaltenbourne Convex/Concave, the specific therapeutic techniques of range of motion, resistance, flexibility, joint mobilization, and neuromuscular control are explored.

HESS 405 - Health Behavioral Theory (4 Credit Hours)
This course presents various theories of health behavior within the study of health and exercise. This class will provide an in-depth study of a variety of health behavior change theories that are used in health interventions. This course provides the groundwork for development of behavior change interventions. Different behavior change theories will be compared and contrasted, and the utility of these theories for different health behavior programs will be discussed. This course is designed to provide students an exploration in theory and experience in developing interventions for health behavior change.

HESS 406 - Leadership Theory and Development Through Sport (4 Credit Hours)
The global sport industry is a massive and varied landscape. Through a synthesis of leadership theory with foundational perspectives of sport, in a multitude of contexts, students will prepare to effectively lead diverse organizations and individuals. This course consists of two distinct aspects: (1) Engagement with leadership theory and principles; and (2) Intrapersonal exploration.
Prerequisite(s): HESS 200 and HESS 301 or consent of instructor.

HESS 451 - Senior Research (4 Credit Hours)
A course offered in the Fall that provides students with opportunity to engage high-level undergraduate research. This classification of student research is held to a higher standard within the department than research associated with the directed courses (HESS 361 and HESS 362). At the conclusion of the semester students are expected to provide a draft paper of their progress using the professional publication format associated within the field.

HESS 452 - Senior Research (4 Credit Hours)
A course offered in the Spring semester that provides students with opportunity to continue the research activities initiated within the course HESS 451. This classification of student research is held to a higher standard within the department than research associated with the directed courses (HESS 361 and HESS 362). At the conclusion of the semester students are expected to provide a paper using the professional publication format associated within the field.

Physical Education Activity
All PHED 100-level offerings are activity classes/intercollegiate sports and are offered for S/U credit. A student may count no more than four credits for participation experiences towards graduation that are credited S/U.

One and two credit hour PHED activity courses are offered for 14 weeks during the 1st and 2nd semester. Seasonal sport activities are offered for 7 weeks each quarter for 1/2 credit.

PHED 100 - Special Topics in Physical Education. (1-2 Credit Hours)
Special topics in Physical Education.

PHED 103 - Basic Football for Beginners (0.5 Credit Hours)
An introduction to the techniques and rules required for participation in the sport of football.

PHED 105 - Learn to Swim and Dive (1 Credit Hour)
This class is designed for the student who wants to learn, firsthand, the benefits and methods of aquatic conditioning. After completing this course, the participant will have the knowledge necessary to organize a personal conditioning program for lifetime fitness. The student should have a basic skill level in swimming.

PHED 120 - Golf (0.5 Credit Hours)
For players on every level. An introduction to the techniques and rules required for participation in the sport of golf.

PHED 131 - Racquet Sport (1 Credit Hour)
This class will involve the three sports of tennis, racquetball and squash. The primary focus will be on tennis for the first half of the semester, and then racquetball and squash for the second half. During an inclement weather day, the outdoor tennis instruction may be changed to indoor squash or racquetball.

PHED 133 - Badminton (1 Credit Hour)
Learn, understand and execute the rules and techniques of Badminton.

PHED 151 - Soccer (0.5 Credit Hours)
For players on every level. Students will learn basic skills, rules and strategy and apply them during game situations.

PHED 152 - Co-Ed Volleyball (0.5-1 Credit Hours)
This course introduces students to the fundamentals of the game of power volleyball and strives to promote basic skill development, team play and strategy of the sport.

PHED 154 - Basketball (0.5 Credit Hours)
For players on every level. Students will learn the basic skills, rules and strategy and apply them during game situations.

PHED 158 - Floor Hockey (0.5 Credit Hours)
Students will learn the basic skills, rules and strategy, and apply them in game situations. No previous experience necessary.
PHED 159 - Speed and Agility Training (0.5 Credit Hours)
This course is intended for any intercollegiate, intramural, or recreational athlete interested in increasing athletic performance and decreasing the chance of injury through an integrated performance enhancement training system. The course will address four major areas to improve athletic speed and agility including but not limited to: general physical preparedness and work capacity, core stabilization and extremity proprioception, muscular force production, and neurological/biomechanical efficiency. At the conclusion of the course, the student should be able to give examples of and effectively perform the following activities: dynamic flexibility; warm-up routine; rapid, short, and long response drills for vertical, linear, lateral, and multi-planar movements; upper and lower body plyometric and ballistic movements; linear, lateral, change of direction; and acceleration speed enhancement drills; and static proprioceptive neuromuscular facilitation (PNF) stretching.

PHED 160 - Lifetime Fitness (1 Credit Hour)
This course will provide the students with exposure to various means by which to become aerobically fit. Some examples include Tai Bo, Windsor Pilates, and aerobics. Aerobic exercise and aerobic fitness, as well as nutrition and basic health and fitness concepts will also be introduced as they relate to “Lifetime Fitness.”

PHED 161 - Strength Training (1 Credit Hour)
Students will learn and practice the principles of progressive resistance exercise, with an emphasis on safety factors; warm-up and stretching; selection of exercises and equipment; and the variation of sets and repetitions performed. Nutrition as it relates to strength training will also be covered.

PHED 162 - Self-Defense for Women (1 Credit Hour)
This course is for women to learn basic self-defense techniques to prevent sexual assault. We will discuss and practice strategies that can be used in a variety of self-defense situations, including street and job harassment, date-rape, and stranger assault, fighting from the ground, defending yourself with or against a weapon, and defense against multiple attackers. Students will learn to combine mental, verbal and physical self-defense techniques in their personal lives.

Crosslisting: WGST 162.

PHED 163 - Indoor Cycling (0.5 Credit Hours)
For individuals of any fitness level. Students will participate in a high intensity aerobic exercise program using a stationary bicycle. This instructor led fitness program will focus on cycle based goals such as intervals, strength, endurance and recovery. Participants can use indoor cycling to improve overall fitness, set and achieve heart rate goals, or train for a cycling competition.

PHED 166 - Introduction to Taekwondo (2 Credit Hours)
This is a basic level self-defense course in which students will learn the fundamental kicking and punching skills of Taekwondo. A large portion of the class will involve conditioning. Fee: $55.00 for equipment.

PHED 167 - Intermediate Taekwondo (2 Credit Hours)
This course is a continuation of the beginner/introductory class (must have taken PHED 166 or be an orange belt). Students will be exposed to new material, which includes new kicks and blocks specific for the next two belt levels. Students will start sparring which involves putting on gear and making light contact with a partner as each student comes up with his or her own combinations and attacks. Students will be tested on the material at the end of each quarter, and will receive a new belt if they pass. Fee: $255 which includes 2 tests, instructor fee, and gear. (Offered fall and spring semesters)

PHED 168 - Strength Training for Athletic Performance (0.5 Credit Hours)
This course is designed to accommodate experienced lifters with the desire to learn and apply advanced training methodologies. Students will be able to apply a variety of effective resistance training principles to their personal strength training program. The student will become efficient at predominantly free weight and bodyweight exercises including Olympic style weightlifting, traditional power lifting, and strongman event type training. This course is intended for any intercollegiate, intramural or recreational athlete interested in increasing athletic performance and decreasing the chance of injury through an integrated performance enhancement training system. The first objective is to increase the student’s chances of having success on the field or court.

PHED 171 - Run for Your Life (1 Credit Hour)
This class is designed for the student who wants to prepare for an endurance race. Students learn how to train properly and effectively. Topics covered during the course are: equipment, hydration, stretching, cross-training, speedwork and injury prevention. After completing this course the participant will have the opportunity to run in a 5K, 10K or half marathon.

PHED 174 - Recreational Sports (1 Credit Hour)
For players on every level. Students will learn and practice the basic skills, rules and strategies of a variety of indoor/outdoor sports.

PHED 175 - Introduction to Yoga (2 Credit Hours)
This course is designed for students who are interested in deepening their understanding of the science of yoga. Lecture and discussion will include the history, philosophy and practice of classical yoga and its overall health benefits. In-class postures, breathing and relaxation techniques will be explored in order to provide a personal experience of this ancient healing practice.

PHED 178 - Varsity Golf (Women) (1 Credit Hour)
PHED 179 - Varsity Cross Country (Women's) (1 Credit Hour)
PHED 180 - Varsity Baseball (Women's) (1 Credit Hour)
PHED 181 - Varsity Basketball (Men) (1 Credit Hour)
PHED 182 - Varsity Cross Country (Men) (1 Credit Hour)
PHED 183 - Varsity Football (Men) (1 Credit Hour)
PHED 184 - Varsity Golf (Men) (1 Credit Hour)
PHED 185 - Varsity Lacrosse (Men) (1 Credit Hour)
PHED 186 - Varsity Soccer (Men) (1 Credit Hour)
PHED 187 - Varsity Swimming & Diving (Men) (1 Credit Hour)
PHED 188 - Varsity Tennis (Men) (1 Credit Hour)
PHED 189 - Varsity Indoor/Outdoor Track (Men) (1 Credit Hour)
PHED 190 - Varsity Basketball (Women) (1 Credit Hour)
PHED 191 - Varsity Softball (Women) (1 Credit Hour)
PHED 192 - Varsity Field Hockey (1 Credit Hour)
PHED 193 - Varsity Lacrosse (Women) (1 Credit Hour)
PHED 194 - Varsity Swimming and Diving (Women) (1 Credit Hour)
PHED 195 - Varsity Tennis (Women) (1 Credit Hour)
PHED 196 - Varsity Indoor/Outdoor Track (Women's) (1 Credit Hour)
PHED 197 - Varsity Volleyball (Women) (1 Credit Hour)
PHED 198 - Varsity Soccer (Women) (1 Credit Hour)
PHED 199 - Introductory Topics in Physical Education (1-4 Credit Hours)
A general category used only in the evaluation of transfer credit.
PHED 201 - Red Cross Lifeguard Training (2 Credit Hours)
This course is designed to certify students in CPR-PR, first aid and American Red Cross Lifeguard Training. Certification may qualify students for employment as a lifeguard at pools and camps.

PHED 202 - Water Safety Instructor (2 Credit Hours)
The purpose of this course is to train instructor candidates to teach water safety, including the Basic Water Rescue and Personal Water Safety courses, six levels of Learn-to-Swim, three levels of Preschool Aquatics and two levels of Parent and Child Aquatics. Prerequisites for the course include: the candidate must be 16 years of age and be able to swim at least 300 yards demonstrating three of the following six swimming strokes: freestyle, backstroke, breaststroke, butterfly, sidestroke and/or elementary backstroke. Students will learn strategies for teaching basic swimming skills, as well as learn to effectively plan, manage and teach safe swimming lessons. The course includes a 16-hour field experience teaching swimming lessons to faculty and staff children. Successful completion of the course will lead to American Red Cross Certification in Water Safety Instructor.

PHED 203 - Skin and Scuba Diving (2 Credit Hours)
Successful completion of this course will lead to international certification as a PADI Open Water Diver. Students must furnish mask, fins and snorkel which can be rented or purchased from Discover Diving. Fee: $235, which includes text, diving tables, diving log and use of scuba equipment.

Prerequisite(s): Above average swimming skill (200 yard swim and 10 minute tread water), good physical condition, free of asthma and chronic sinus or ear conditions.