Courses to Consider – General Education

Behavioral / Social Sciences

SOA 101. Introduction to Sociology. 3 Hours.
An introductory "survey" course in sociology that will introduce basic theories and concepts relevant in all sociological work. Students are given the opportunity, later in the semester, to pursue more detailed research and information in their own personal interests within the discipline.

PSY 201. Principles Of Psychology. 3 Hours.
A survey of significant theory, issues, methods of inquiry, and applications in all areas of psychology.

First-Year Seminar / Humanities

TEP 189. Athletics and the American University. 3 Hours.
Students will read, research, and discuss the intersection between athletics and education in the American University. Topics included: the development of American colleges and universities, educational theory emphasizing the importance of motivation as well as trends in experiential collaborative learning, the NCAA and its regulation of intercollegiate athletics, the impact of integration and Title IX on athletics and education. Attention will be given to the student-athlete experience, transitions, and other issues facing college athletes.

Humanities

PHI 101. Introduction to Philosophy. 3 Hours.
This course introduces students to some of the basic issues, readings and methods of philosophy. We will cover such topics as right and wrong action, the nature and limits of human knowledge, the relation between mind and body, and the existence of God. Open to all undergraduates.

Visual, Creative, Performing Arts Humanities

ART 236. Introduction to Digital Media. 3 Hours.
Introductory course covering the theory and practice of digital media. Over the course, students will be introduced to digital imaging, animation, and web design all within and while learning the Mac OS environment. The course will also concentrate on media theory and art and design criticism.

Life Science

MLS 225. Nutrition. 3 Hours.
Provides a foundation in the basic principles of human nutrition in maintaining and promoting health. Application of basic biological concepts such as cell function and heredity, as well as personal and societal applications of nutrition will enable students to make informed decisions.

Math

MAT 121. Applied Statistics. 3 Hours.
May be used to meet the mathematics general education requirement for admission to UIS. Topics may include descriptive statistics, elementary probability, basic probability distributions, sampling, estimation, testing of hypotheses, simple linear regression, and correlation.

Elective

EXR 222. Musculoskeletal Anatomy and Physiology. 3 Hours.
This course provides an in depth study of the anatomy and physiology of the muscular and skeletal systems for students interested in careers focusing on physical activity. Students will learn how to navigate the body, identify common structures, and explore normal and pathophysiologic aspects of motion.
Courses to Consider – Upper-Division Electives

Upper-Division Courses

**CCJ 414. Criminology of Sport. 3 Hours.**
This course will examine the ways in which criminal and deviant behaviors are embedded in the sporting process. The course will provide an overview of various social and legal responses to criminal and deviant behaviors related to sports.

**COM 463. Organizational Communication. 4 Hours.**
Analysis of organizational communication approaches, managerial style, motivation, leadership, corporate cultures, conflict, public relations, and diversity.

**COM 464. Conflict Management. 4 Hours.**
Examination of role and effect of conflict on interpersonal, group, and organizational relationships and social movements. Theoretical and practical applications are explored to foster success in conflict resolution.

**ENG 309. Professional Writing. 3 Hours.**
Principles of composition and rhetoric applied to the basic genres of scientific, technical, and business writing including the report, proposal, manual, and correspondence.

**EXR 301. Motor Learning. 3 Hours.**
Designed to provide students an overview of learning theories and practice in motor learning. Students will develop an understanding of the cognitive, behavioral, neurophysiological approaches to motor skill.

**EXR 329. Kinesiology and Biomechanics. 3 Hours.**
An applied study of human performance, including musculoskeletal actions, analysis of sports skills, and training and conditioning techniques, with application of mechanical laws and principles to basic performance patterns.

**EXR 363. Exercise and Sport Psychology. 4 Hours.**
This course allows students to be exposed to the psychological aspects associated with participation in sport and exercise. Theories of sport and exercise behavior will be examined and various techniques will be discussed in relation to individual, group, situational and cultural influences on sport and exercise behavior.

**HIS 447. ECCE: Sports and US History. 4 Hours.**
Examines changes in American social, cultural and political life through the lens of sports. Covers issues of race, community identity, class, and cultural development. Covers origins of baseball as "America’s game", how sports has been used to advance civil rights, gender identity, American exceptionalism.

**EXR 341. ECCE: Sport and Society. 3 Hours.**
Sport is one of the world's most influential institutions. This is an interdisciplinary approach to explore, analyze, explain the role that sport plays for individuals, societies, cultures. Topics include: individual's experience of sport, the role of social constructs in sport, the interplay of sport and institutions.

**LIS 424. Ancient Sport and Spectacle. 4 Hours.**
This course will study the beginnings of sport in the Greco-Roman world and its transformation throughout the centuries to our days. It will also examine how sport became a vehicle for the ideological and political expression, was associated with class, gender, violence, nationalism, and ethnicity, and how it has been appropriated and reinterpreted in modern times.
Courses to Consider – Upper-Division Electives

Upper-Division Courses

MGT 474. Leadership And Motivation. 3 Hours.
Major leadership theories, characteristics of leaders, leadership styles, delegation, decision-making, communication, and subordinate development examined. Motivational methods and techniques studied as potential tools for those assuming leadership roles.

PSY 333. Positive Psychology. 4 Hours.
This course will explore concepts and research related to positive psychology. Well-being will be examined in the context of motivation, flow, love, creativity, and spirituality. While such study will include the major theoretical approaches to positive psychology, an equally significant focus will be on the application of this information to everyday life experiences.

SOA 361. Social Psychology: Sociological Perspectives. 4 Hours.
Investigation of relationship between individuals and society. Topics include socialization, the self, conformity, group processes, social inequality and prejudice, emotional labor, and impression management. We explore these topics by studying Mead, Goffman, Ridgeway, etc. Students explore the interrelation between personality, emotion, identity, and social structure.

SOA 338. Sex, Gender, and Popular Culture. 4 Hours.
Survey of sex, gender and sexuality in production, reception, and content of contemporary U.S. popular culture. Themes: definitions, approaches, and functions of pop culture; race, class, gender, and sexuality in production and reception of media; representation and stylization of the body; masculinity and media violence; strategies for resisting media messages.

SOA 464. Sociology of Mental Health/Illness. 4 Hours.
This class examines mental health/illness as a social issue shaped by history, culture, politics, and economics, rather than an individual medical or psychological problem. Using a social constructionist approach, we explore how social factors (social class, sex/gender, race/ethnicity, marital status) impact the definition/causes of and responses to mental health/illness.

THE 323. Voice and Movement. 4 Hours.
Explores the voice and body as instruments of expression in performance and daily communication. The course will focus on vocal and physical exercises for a more accessible performing instrument. Course activities will include various physical and vocal explorations, exercises, improvisations, and non-verbal performance projects.

WGS 366. ECCE: Beyond Bias: Racism, Sexism and Heterosexism. 4 Hours.
Interdisciplinary examination of the concepts of race, ethnicity, gender, sexual orientation, age, and disability in terms of causes and effects of social problems. Particular emphasis on personal and cultural attitudes towards inclusion and diversity; envisioning a just, equitable society.

Minors to Consider
- Sociology
- Sport Management
- English

Experiential Learning
- IPL 300. ECCE: Internship
- IPL 301: ECCE: Project
- IPL 305: ECCE: Prior Learning