

SPORTS EXERCISE SCIENCE (SES)

SES 1103 General Phys Fitness. (Formerly PHED 103) Introduction to physical fitness techniques. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE

SES 1107 Weight Training. (Formerly PHED 107) Introduction to weight training technique. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 1112 Aerobic Conditioning. (Formerly PHED 112) Introduction to aerobic conditioning techniques. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 1113 Beginning Yoga. (Formerly PHED 113) Introduction to yoga practices. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 1114 Beginning Pilates. (Formerly PHED 114) Introduction to pilates exercises. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 1123 Advanced Yoga. Advanced yoga practices for students with yoga background. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Periodically)

SES 1124 Advanced Pilates. Advanced pilates practices for students with pilates background. Various exercises and safety issues are addressed 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Periodically)

SES 1137 Physical Fitness and Technology. (Formerly PHED 137) Introduction to purposeful daily physical activity using step counters to measure physical activity and set physical activity goals. Various exercises and safety issues are addressed. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Annually)

SES 1198 Health and Fitness Professional Seminar. (Formerly PHED 198) This course covers a diverse selection of issues and complex problems that confront professionals in the exercise, fitness and sports industries. Independent thought and new insights will be encouraged. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 3.

Campus: LISLE

SES 2170 Motor Development. This course examines how interactions between a developing and maturing individual, an environment, and specific tasks bring about changes in a person's movements. Focus is given to understanding how maturational age and chronological age are distinct, and to how functional constraints affect motor skill development and learning. Special attention is given to how the four components of fitness 1) cardiorespiratory endurance, 2) strength, 3) flexibility, and 4) body composition interact to affect a person's movements over the life span. The affects of social, cultural, psychosocial, and cognitive influences on movement are also examined. 3 semester credit hour/s.

Campus: LISLE

SES 2200 Introduction to Kinesiology and Exercise Science. (Formerly PHED 200) This course is an introduction to the fields associated with kinesiology, or the study of movement, and exercise science. Attention is given to the means of understanding kinesiology and exercise science through personal experience, professional experience, and formal study. The course focuses on bringing awareness to the areas of kinesiology and exercise science in which students will be able to find careers related to sport and exercise. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 2216 Sport Sociology. This course examines how sport and society interact. Topics include sport participation, deviance and violence, demographics, economy, media, politics, education, and religion 3 semester credit hour/s.

Designation: Writing Intensive; Sustainability; Individuals, Organizations, and Societies (QIO); Global

Campus: LISLE (Typically Offered: Spring Term)

SES 2237 Sport Psychology. (Formerly PHED 237) This course examines fundamental theories of psychology applied to sport organization, management, participation, and influence of major players in sport. This course will also discuss theories of learning, effects of motivation, personality, and attitude, as well as psychological effects of exercise. 3 semester credit hour/s.

Designation: Individuals, Organizations, and Societies (QIO)

Campus: LISLE (Typically Offered: Fall Term)

SES 2257 Wellness. (Formerly 257) Concepts and applications of cardiovascular fitness, nutrition and weight management, stress management life-style management, and substance abuse. Emphasis is on the interactive nature of these health-related components, on being an informed consumer, and on the development and implementation of a personal wellness program. Satisfies teaching certification Health/Physical Education requirement. 3 semester credit hour/s.

Campus: LISLE

SES 2260 First Aid and CPR. (or department approved certification). (Formerly 260) This course provides instruction in first aid, safety, cardiopulmonary resuscitation (CPR), and the use of AED. Certification in First Aid and CPR will be available through the American Red Cross. 1 semester credit hour/s.

Campus: LISLE

SES 2270 Motor Learning. (Formerly PHED 270) This course examines principles of motor performance and learning. Focus is on building a strong understanding of how skills are acquired and perfected with practice. This course also explores how to apply the concepts to a variety of real-world settings by incorporating familiar scenarios. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 2275 Principles of Coaching I. This course is an introduction to effective coaching skills. Topics include methods of providing effective explanations, demonstrations, and feedback to coaches. Students will participate in "micro-coaching" sessions to demonstrate competency in these skills. Pre-requisite: "C" or better in SES 2200. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 2291 Special Topics in Sport and Exercise Science. (Formerly 291) This course covers a diverse selection of issues and complex problems that confront professionals in the exercise, fitness, and sports industries. Independent thought and new insights will be encouraged. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 9.

Campus: LISLE (Typically Offered: Periodically)

SES 2351 Exercise Psychology. This course examines fundamental theories of psychology applied to sport organization, management, participation, and influence of exercisers. This course will also discuss theories of learning, effects of motivation, personality, and attitude, as well as psychological effects of exercise. 3 semester credit hour/s.

Designation: Individuals, Organizations, and Societies (QIO)

Campus: LISLE (Typically Offered: Periodically)

SES 2999 Practicum in Sport and Exercise Science. This is a supervised introductory field experience in one or more professional settings. The field experience requires 50 contact hours per semester hour of credit. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12.

Campus: LISLE (Typically Offered: Periodically)

SES 3206 Applied Exercise Physiology. This course covers key exercise science core principles from exercise physiology, kinesiology, biomechanics, and preventive health related fitness. Special emphasis will be given to the scientific principles and importance of lifestyle for others through lifetime health related physical activity. Practical experience in the Exercise Physiology laboratory to complement the material covered during lecture. Students will participate both as subjects as well as testers. Prerequisite: For SES Majors only. "C" or better in BIOL 1158 or BIOL 3258. 4 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 3261 Athletic Injury Care and Prevention. (Formerly PHED 261) This course is an introduction to basic concepts of prevention of athletic injuries, injury recognition, and treatment necessary for the management of athletic injuries. Prerequisite: C or better in SES 2260 and 3302, or C or better in BIOL 3203, or department consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Annually)

SES 3265 Principles of Biomotor Training. (Formerly PHED 265) This course examines methods of teaching biomotor skills (i.e., endurance, speed, flexibility, coordination, and strength) and their derivative applications (e.g., agility, quickness, power.) Emphasis is on creating effective training tasks for athletes and clients. Prerequisite: SES 2270 or department consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring and Summer Terms)

SES 3275 Principles of Coaching II. This course is an introduction to effective coaching skills. Topics include methods of developing program goals and conducting program evaluation. Emphasis is on post-coaching reflection and goal-setting for improved coaching behaviors. Prerequisite: "C" or better in SES 2275. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 3297 Field Experience in Sport and Exercise Science I. This is a supervised introductory field experience in one or more professional settings. The field experience requires 50 contact hours per semester hour of credit. Prerequisite C or better in SES 2260 or equivalent. Sport and Exercise Science majors only; 60 CH completed or Department Consent Required 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall and Spring Terms)

SES 3298 Field Experience in Sport and Exercise Science II. This is a supervised introductory field experience in one or more professional settings. The field experience requires 50 contact hours per semester hour of credit. Prerequisite: C or better in SES 2260 or equivalent. Sport and Exercise Science majors only; 60 CH completed or Department Consent Required. 1 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall and Spring Terms)

SES 3299 Field Experience in Sport and Exercise Science III. (Formerly PHED 299) This is a supervised introductory field experience in one or more professional settings. The field experience requires 50 contact hours per semester hour of credit. Prerequisite: C or better in SES 2260 or equivalent. Sport and Exercise Science majors only; 60 CH completed or Department Consent Required. 1-3 semester credit hour/s.

Designation: Engaged Learning

Campus: LISLE (Typically Offered: Fall and Spring Terms)

SES 3302 Applied Kinesiology. (Formerly PHED 302) This course examines musculoskeletal anatomy and its roles in human motion. Topics include origin and insertion of muscles, neuromuscular innervation, and requisite muscles for movement. Prerequisite: C's or better in SES 2200 and BIOL 1158, or C or better in BIOL 3203, or Department Consent 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 3303 Introduction to Sport Management. This course addresses skills related to strong leadership and management in the world of sport. This course focuses on the four central management functions: planning, organizing, leading, and controlling. This course goes beyond explaining important concepts in order to apply management principles and skills. Students will put concepts into action as sport managers, developing the skills of creative problem solving and strategic planning, and developing the ability to lead, organize, and delegate. Common Professional Component topics outlined by the Commission on Sport Management Accreditation (COSMA) are addressed in this course including the topics of sport management foundations, functions, environment, experiential learning, and career development. Prerequisite: Junior standing or Department Consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 3305 Measurement and Evaluation for Physical Education. (Formerly PHED 305) This course provides students with an understanding of current assessment techniques for physical education and physical fitness in order to select and use developmentally appropriate strategies and instruments that align with physical education learning goals. Students will also learn to apply performance data to make informed curricular decisions relative to the physical education program. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 3307 Sport Law. This course provides students with comprehensive information on the fundamental legal issues in sport and sport management. This course addresses legal and management matters most commonly found in sport management, including liability issues, protecting the legal rights of athletes and employees, and managing legal risk. Topics are applied in relation to the United States legal system, including the court system, the various types of law, and legal resources. Special attention is given to legal topics including labor law, risk management, employment law, gender equity, intellectual property, agency law, tort law, constitutional law, antitrust law, and contract law. Course concepts are taught using straightforward examples and case studies that help students apply sport law theory to practical applications. Prerequisite: SES 3303 or MNGT 3305 or Department Consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Annually)

SES 3326 Sport Leadership. This course provides a foundational and contextualized understanding of thought and practice in leadership. Students apply theoretical foundations of leadership in sport to sport-related organizations of all types and sizes. This course focused on four main areas: 1) understanding the elements of business and educational environments in which sport organizations operate, 2) applying leadership thought and action by addressing critical challenges of the present and future including decision making, organizational change, emotional intelligence, vision, strategic planning, and crisis management and, 3) creating a professional growth and development plan with the goals of continued self-understanding, personal development, and leadership mentoring. Pre-requisite: Junior standing or department consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 3999 Independent Study in Sport and Exercise Science. This course covers a diverse selection of issues and complex problems that confront professionals in the exercise, fitness and sports industries. Topic should be based on student interest. Independent thought and new insights will be encouraged. 1-4 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12.

Campus: LISLE

SES 4201 Exercise Assessment and Prescription. (Formerly PHED 201) This course examines the assessment of biomotor skills (i.e., endurance, speed, flexibility, coordination, and strength) and their derivative applications (e.g., agility, quickness, power.) Creation and prescription of performance outcome-focused training sessions is emphasized. Prerequisite: SES 3206 or Department Consent. 3 semester credit hour/s.

Designation: Engaged Learning

Campus: LISLE (Typically Offered: Fall Term)

SES 4284 Training Special Populations. This course examines considerations for clients with unique needs. Topics include various conditions and disorders, cancer, children and adolescents, geriatrics, and female-specific conditions. Emphasis is on recognition and exercise accommodation. Emphasis is on preparation for the National Strength and Conditioning Association Certified Special Population Specialist exam (CSPS). 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Periodically)

SES 4310 Research Methods in Sport and Exercise Science. (Formerly PHED 310) This course examines the analysis and synthesis of research in sport and exercise science. Emphasis is on basic interpretation and reporting of research findings from peer-reviewed journals. Pre-Requisite: C's or better in MATH 1150 (or equivalent) and SES 3206 and 60 credit hours completed, or department consent 3 semester credit hour/s.

Designation: Writing Intensive

Campus: LISLE

SES 4313 Scientific Principles of Strength and Conditioning. (Formerly PHED 313) . This course examines physiological responses and adaptations to exercise and training. Subtopics include mechanisms of muscle hypertrophy, endocrine and metabolic responses to aerobic and anaerobic exercise, mechanisms of overtraining, and rest and recovery techniques and their inclusive mechanisms. Prerequisite: C's or better in SES 3206 and SES 3302, or Department Consent 3 semester credit hour/ s.

Campus: LISLE

SES 4314 Exercise Planning and Programming. (Formerly PHED 314) This course examines methods of organizing training through a periodized approach. Periodization methods for biomotor skills (i.e., endurance, speed, flexibility, coordination, and strength) and their derivative applications (e.g., agility, quickness, power) are emphasized. Sub-topics include multiple methods of organizing and arranging macrocycles, mesocycles, and microcycles. Methods of tapering and peaking are addressed. Prerequisite: SES 3206 or Department Consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Fall Term)

SES 4319 Thesis in Sport and Exercise Science. This course allows a student to do independent research under the guidance of a faculty member. Emphasis is on review of literature, ethical approval of research, data collection, analysis, and reporting of findings. Prerequisite: C's or better in MATH 1150 (or equivalent) and BIOL 3206 and 60 credits completed or Department Consent. 1-3 semester credit hour/s.

Designation: Writing Intensive

Campus: LISLE (Typically Offered: Periodically)

SES 4323 Principles of Personal Training. This course is an introduction to personal training. Topics include client consultation and appraisal, fitness assessment and testing, exercise technique, programme design, unique needs of clients, and safety and legal issues. Emphasis is on preparation for the National Strength and Conditioning Association Certified Personal Trainer exam (NSCA-CPT). 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Periodically)

SES 4355 Biomechanics of Sport and Exercise. (Formerly PHED 355) This course investigates the biomechanical design of human skeletal muscles and their interactions with the skeletal system. Kinetics and Kinematics are both investigated in detail. Investigation and application of mechanical principles to the study of human motion and the motion of sport objects is emphasized. Qualitative and quantitative analysis of the human movement is investigated as well. Prerequisite: Math 1110 or equivalent, "C" or better in SES 3302 or "C" or better in BIOL 3258 or Department Consent. 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)

SES 4397 Internship in Sport and Exercise Science III. This is a supervised hands-on experience in one or more sport and exercise settings. Internships are aligned with a structured educational plan as indicated in the SES Internship Manual. The field experience requires 50 contact hours per semester hour of credit. 1-6 semester credit hour/ s. Department Consent Required.

Campus: LISLE (Typically Offered: Fall and Spring Terms)

SES 4399 Internship in Sport and Exercise Science III. (Formerly PHED 399). This is a supervised introductory field experience in one or more professional settings. The field experience requires 50 contact hours per semester hour of credit. 3-6 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 12. Department Consent Required.

Designation: Writing Intensive; Engaged Learning

Campus: LISLE (Typically Offered: Fall and Spring Terms)

SES 4436 Principles of Tactical Strength and Conditioning. This course is an introduction to tactical strength and conditioning. Topics include client consultation and appraisal, fitness assessment and testing, exercise technique, programme design, unique needs of clients, and safety and legal issues. Emphasis is on preparation for the National Strength and Conditioning Association Tactical Strength and Conditioning Facilitator exam (NSCA-TSAC-F). 3 semester credit hour/s.

Campus: LISLE (Typically Offered: Periodically)

SES 4491 Special Topics in Sport and Exercise Science. (Formerly PHED 391) This course covers a diverse selection of issues and complex problems that confront professionals in the exercise, fitness and sports industries. Independent thought and new insights will be encouraged. 1-3 semester credit hour/s. Course Repeatable. Maximum number of units allowed: 9.

Campus: LISLE (Typically Offered: Periodically)

SES 4497 Internship in Sport and Exercise Science IV. This is a supervised hands-on experience in one or more sport and exercise settings. Internships are aligned with a structured educational plan as indicated in the SES Internship Manual. The field experience requires 50 contact hours per semester hour of credit. 1-6 semester credit hour/s. Department Consent Required.

Designation: Engaged Learning

Campus: LISLE (Typically Offered: Fall and Spring Terms)

SES 4499 Professional Preparation Capstone. This course reviews content from all major coursework. Emphasis is in preparation for the National Strength and Conditioning Association Certified Strength and Conditioning Specialist (NSCA-CSCS) exam. Prerequisite: Senior status or Department Consent. 2 semester credit hour/s.

Campus: LISLE (Typically Offered: Spring Term)