

# Department of Health and Sport Studies (HSS)

Undergraduate Degree: B.A., Health and Sport Studies

## Sport Studies Track

Selective Admission Application Required

E102 Field House

Department of Health and Sport Studies  
College of Liberal Arts and Sciences

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**Sport Studies Track**  
**Department of Health and Sport Studies**  
**College of Liberal Arts and Sciences**  
**The University of Iowa**

The sports studies track is for students who want to examine sport within its historical and contemporary cultural contexts. Coursework in history, sociology, and psychology of sport and physical activity provides students with the critical skills necessary to understand sport as a significant aspect of cultural life. Sport's interactions with educational institutions, the media, the economy, and the political system are examined. Race, class, and gender differences in the sport experience are also explored. Many students use their experience in this track to prepare for graduate school. For others, the required second area of concentration or minor serves as an introduction to careers in a number of fields, such as sport journalism and athletic administration.

Visit <http://www.uiowa.edu/~hss/undergrad/undergraduate.html> for more information on the sport studies track.

## **Sport Studies Track Curriculum Requirements**

### **I. HSS Foundation (9 s.h.)**

- 028:036 Physical Activity Through the Life Span (3 s.h.) (f, s, su)
- 028:074 Inequality in Sport (3 s.h.) (f, s, su)
- 028:076 Psychological Aspects of Sport and Physical Activity (3 s.h.) (f, s, su)

### **II. Sport Studies Core Courses (12 s.h.)**

Students must complete one course from each of the four areas for a total of 12 semester hours. 028:074 Inequality in Sport is a prerequisite for any of the Sport Studies Core Courses.

#### **Diversity in Sport**

- 028:078 Women, Sport and Culture (3 s.h.) (f, s, su)
- OR
- 028:079 Race and Ethnicity in Sport (3 s.h.) (s)

#### **International Dimensions**

- 028:176 Sport & Nationalism (3 s.h.) (s)
- OR
- 028:177 Western World Sport: Greeks to Present (3 s.h.) (f)

#### **Contemporary Sport**

- 028:175 Sport and the Media (3 s.h.) (f, su)
- OR
- 028:188 Twentieth Century US Sport (3 s.h.) (f)

#### **History of Sport and Leisure in the US**

- 028:178 Sport in the US to 1900 (3 s.h.) (s)
- OR
- 028:179 The American Vacation (3 s.h.) (s)

### **III. Sport Studies Guided Electives and Internship Options (9 s.h.)**

Students must complete 9 s.h. in additional 028:xxx courses. The following, and any courses not taken in the four Sport Studies Core Course areas, are suggested:

#### **Guided Elective Courses**

- 028:035 Stress Management (2 s.h.) (f, s, sum)
- 028:077 Understanding Peak Performance (2 s.h.) (su)
- 028:143 Communicating Health and Physical Activity (3 s.h.) (f)
- 028:147 Promoting Health Globally (2 s.h.) (f, s)
- 028:180 Theory and Ethics of Coaching (3 s.h.) (f)
- 028:193 Independent Study (1-3 s.h.) (arr)
- 028:194 Honors Readings (1-2 s.h.) (arr.)
- 028:195 Honors Problems (3-4 s.h.) (arr.)

**KEY:** f = usually offered fall session; s = usually offered spring session; su = usually offered summer session.

### **IV. Concentration (15 s.h.)**

This may be in any area, program or department outside HSS, but must be selected in consultation with the student's advisor. Examples include American Studies, Women's Studies, Business, Journalism, Mass Communication, Psychology, Aging Studies, human relations, counseling, science, entrepreneurial studies, and foreign language.

Of the 15 s.h. in a concentration, 6 s.h. must be in 100-level courses or <100-level courses designated by the offering unit as carrying advanced-level standing.

Each student must have his/her advisor's written approval of this concentration. Concentration courses may be taken by correspondence. No course counted for the concentration or minor may be taken Pass/No-pass. Students may elect to satisfy the concentration requirement by fulfilling a minor in another department. It is the student's responsibility to insure that the specific courses set by the department granting the minor are satisfied.

### **V. Honors Study**

The Department of Health and Sport Studies is committed to providing students with a challenging and vibrant Honors Program. Honors Program students go beyond the basic degree requirements to demonstrate advanced understanding and skill-development. To learn more about graduating with Honors in Health and Sport Studies, visit <http://www.uiowa.edu/~hss/undergrad/honors.html>.

## **Selective Admission to the Sport Studies Track**

Students entering or declaring the major after August, 2007 must apply for admission and meet the admission criteria. Students must satisfy the following admission criteria:

- Completion of 30 s.h. coursework including at least 12 s.h. at the University of Iowa
- 1-2 page personal statement typed, double spaced detailing the candidate's interest in the Sport Studies Track and the Health and Sport Studies major
- Satisfactory performance (at least a grade of B) in 028:074 Inequality in Sport
- Satisfactory performance (at least a grade of B) in either 028:036 Physical Activity through the Life Span or 028:076 Psychological Aspects of Sport and Physical Activity
- Minimum overall GPA of 2.5 and minimum UI GPA of 2.5. (Students with a GPA of 2.8 or

above and meet all other criteria will be admitted to this major. However, completion of the application process is still necessary.)

Students who do not meet the above criteria and believe they qualify for an exceptional admission should submit all application materials and a written appeal. This can include supporting documentation or evidence deemed relevant for making a valid judgment on admission into sport studies.

The admission form is available at the HSS Office, E102 Field House and at <http://www.uiowa.edu/~hss/undergrad/undergraduate.html>. This form must be submitted for consideration to the Director of Undergraduate Studies (102 E FH) by October 15 for spring admission and by March 15 for fall admission.

Until admitted, students may declare a "Sport Studies Interest." This designation will allow the university to assign academic advisors in this area of specialty.

### **Four Year Graduation Plan**

The Four-Year Graduation Plan is not available for the B.A. in Health and Sport Studies. Students are encouraged to work with their advisors to develop an individual graduation plan.