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## DEPARTMENT OF EXERCISE AND SPORT SCIENCE

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### FACULTY

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- Ken Daley, M.Ed., Chair, Associate Professor of Exercise and Sport Science
- Tania Kalamara, B.A., Lecturer in Exercise and Sport Science

### INTRODUCTION

The Department of Exercise and Sport Science is committed to offering a wide range of sport and recreation activities to meet the needs of our diverse international population. The department administers undergraduate recreation courses, intercollegiate and recreational sports clubs, and teaches selected courses in exercise and sport science. Recreation classes serve as a dynamic activity to balance the academic routine of students. Sports clubs and intramural events provide ongoing competition for sports enthusiasts.

The department is very proud to offer a high quality outdoor recreation/adventure program. We offer day-, week-, and month-long courses in experiential outdoor recreation and leadership. We engage in many activities such as windsurfing, whitewater kayaking or canoeing, sea kayaking, flat-water canoeing, rock climbing, swimming, horseback riding, hiking, backpacking, and skiing. We travel to locations throughout the United States. We have also held six-week courses in New Zealand and Australia.

### SPECIAL FEATURES

Each fall the department offers its Base Camp, where all freshmen and selected faculty and upperclassmen spend 4 days in a wilderness experience. The students have the opportunity to build friendships for a lifetime as they engage in activities like canoeing, caving, swimming, and mountain biking. The department offers a winter Base Camp for students entering the university during second semester. Activities focus on winter sports like ice-skating, skiing and snow boarding.

### DEPARTMENTAL REQUIREMENTS

#### **Daily Activity Graduation Requirement Policies**

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All undergraduate students are required to engage in regular daily dynamic physical activity as a University graduation requirement. It is expected that students will be physically active for at least four hours each week.

This activity graduation requirement extends to every academic block in which students are registered. This fitness program is an individualized flexible program that is designed and implemented by each student. Participation in this program is a graduation requirement and is monitored with an activity chart. At the end of every academic block, the activity sheet is returned to the office of the Director of the Undergraduate Health and Fitness Program in the Department of Exercise and Sport Science. The activity sheet can be downloaded at [www.mum.edu/pdf/activity\\_journal.pdf](http://www.mum.edu/pdf/activity_journal.pdf). After it's completed, return to [fitness@mum.edu](mailto:fitness@mum.edu). Or fill it in and put it in inter-campus mail (no address is necessary).

To help students develop and implement a well-rounded fitness program, each student is offered a health-related fitness assessment at the beginning of every semester. The fitness assessment establishes a reference point that allows the student to monitor fitness changes and progress throughout the year. For a schedule of upcoming fitness assessments, contact Ken Daley at [kdaley@mum.edu](mailto:kdaley@mum.edu). The faculty in the Department of Exercise and Sport Science are available to assist the students to plan and implement their individualized health and fitness program.

In addition to the regular activity requirement, all students must complete a knowledge-based graduation requirement entitled "FOR 103 Health-Related Fitness." This course should be completed during the first year.

## COURSES

### **ESS 101 Health and Fitness Practicum: Physical Activity to Promote Longevity and Fitness for Life**

In this innovative and unique course, students exercise daily, chart their activities, and report their achievement at the end of each month. Each year every student receives a fitness assessment and a personally tailored workout program. Students are then assessed again at the end of the year. A computerized system helps students track their progress and generates a regimen of exercises.

### **ESS 103 Base Camp: Creating Harmony within the Diversity of Students, Faculty, and Administration**

Students, faculty, and staff go to a wilderness area for a camping trip to help build friendship and understanding between all three groups with the goal of establishing cooperation for future endeavors. Activities include canoeing, biking, and hiking, as well as learning outdoor skills. (1 credit)

**ESS 210 Physiology of Fitness**

This course presents the fundamentals of anatomy and physiology of exercise, such as how the body responds, adjusts, and adapts to exercise. Students are also introduced to laboratory fitness testing and assessment. (4 credits)

**ESS 315 Coaching and Teaching of Skills**

In this course students learn the principles of skill acquisition and skill analysis. In addition, the course offers prospective coaches or instructors the teaching skills necessary to teach in a variety of sport settings. (4 credits)

**ESS 320 Practicum**

Through daily observations and teaching or administering, students quickly assume the responsibilities of an exercise and sport science professional. Critiques by faculty and students, twice weekly meetings, and regular observations promote growth toward effective teaching and administration practices. (4 credits) *Prerequisite:* ESS 315

**ESS 325 Team-Building: Promoting Leadership through Challenging Outdoor Sports**

This course teaches the student leadership skills in a variety of adventure sports such as backpacking, canoeing, kayaking, and rock climbing. The course includes field trips to locations in the Midwest. (4 credits)

**ESS 330 Ecology and Outdoor Adventure**

This course explores the diverse ecosystems of North America through firsthand field experiences. Students travel to outstanding wilderness ecosystems and study one or more of the following: mountains, forests, prairies, deserts, rain forests, freshwater lakes and streams, oceans, coastal regions. The unique plants, animals, weather, geology, and history of human occupation are studied in order to gain a holistic understanding of each ecosystem. Examples of study areas: Northern Arizona (Grand Canyon), Rocky Mountains (Colorado, Wyoming), Northwoods (Minnesota, Ontario), and Cape Cod (Massachusetts). (4 credits — may be repeated) *Prerequisite:* permission of instructor

**ESS 332 Improvisation Dance/Movement 1: Dancers and Actors Exploring Improvisational Movement as an Expression of Deepest Creative Impulses**

By understanding the mechanics of their own creative impulses as they arise from pure consciousness, dancers or actors begin the most profound exploration of movement in the context of themselves, music, other students, and the environment of the theater. (4 credits — may be repeated)

**ESS 333 Improvisation Dance/Movement 2: Expanding the Experience of Movement Truthful to the Inner Life of Each Student**

As an extension of Movement and Improvisation 1, this course extends the understanding of creative truthful movement as spontaneous, natural, arising from pure consciousness, and the source for a further exploration of the principles of space weight, time flow, and other fundamental principles of movement. (4 credits) *Prerequisites:* ESS 332 and permission of the instructor

**ESS 334 Performance Laboratory: Cycles of Performance and Critique to Stabilize the Ability to Use Improvisation as a Performance Method, Drawing from the Creative Source of All Performing Arts**

The most truthful and most satisfying movement and performance come out of a deep connection to the Self, pure Being. Cycles of performance and critique develop the ability to discriminate between stronger and weaker performances, establish confidence in the many layers of the personality, and strengthen all performance skills. (4 credits) *Prerequisites:* ESS 333, and permission of the instructor

**ESS 336 Introduction to Movement Science: Life Moves in Waves of Rest and Activity**

This overview course presents the fundamentals of anatomy and physiology of exercise, skill acquisition, skill analysis, and care and treatment of common athletic injuries in light of the intimate dialogue of body to mind. The goal of the course is to understand that as the physiology is nurtured, the mind is stimulated to greater possibilities. Through cycles of rest and activity students comprehend the possibility of perfection in the body-mind continuum. Open to all students. (4 credits)

**ESS 337 Introduction to Physical Theater: Breathing Life into the Lifeless — Working with Masque and Movement, Tools in Creating Fully Developed Characters for Stage**

To understand the silent, unmoving source of movement leads to an understanding of not only the student's deepest nature, but allows the student to apply that understanding to the creation of characters. In this course, masque building, masque work, and movement exercises help to create fully developed stage personalities. Open to all students. (4 credits)

**ESS 398 Research**

In this course, students enrich their knowledge with practical experience of laboratory research and field-testing techniques of exercise and sport science. (variable credits) *Prerequisite:* consent of the Department of Exercise and Sport Science and the Academic Standards Committee

**ESS 498 Internship**

This internship offers practical and advanced knowledge and experience in a specific area of Exercise and Sport Science. Students apply classroom knowledge in a professional setting that may be on or off campus. Students gain in-depth experience and submit a report on all their internship activities. (variable credits) *Prerequisite:* consent of the department and the Academic Standards Committee.

**ESS 499 Directed Study: Cultivating Higher Potentials of Body and Mind through Exercise and Sport**

(variable credits) *Prerequisite:* consent of the department faculty

**FOR 103 Health-Related Fitness: Physical Activity to Promote Longevity and Fitness for Life**

This course presents the latest knowledge from Western science and the Maharishi Consciousness-Based Health Care program concerning the optimum daily routine for establishing the foundation for lifelong excellent health and growing enlightenment. The major focus will be on the details of the ideal routine of sleep, diet, exercise, meaningful activity, recreation and the importance of the regular experience of pure consciousness for optimum health and evolution. This course will combine both lectures and physical activity labs. (2 credits)