

Independent Study Course Description and Guidelines

ESS 96 - Field Work (pass/no pass grading) – Lower division

Fieldwork study is designed to provide students with experience working in the field of sport and exercise. Fieldwork opportunities include: coaching, marketing, fitness instruction and administration work. Students may advance into the ESS 193 course upon completion.

Students must GPA of 2.5 or above.

ESS 98 - Readings (letter grade) – Lower division

Readings in Exercise science and Sport allows students to gather knowledge in the Exercise Science field through review and extensive reading of published materials such as textbooks, research studies and publications. This will provide a student with a foundation to create or propose a research project or study in the field.

ESS 185 - Introduction to Teaching (letter grade) – Upper division

Introduction to Teaching is an opportunity for students to assist instructors and faculty in classes related to exercise and sport. The student will gain a deeper knowledge of the subject as well as involvement in course planning, administration and class instruction. Students must have passed the course with a “B” or better to be eligible to assist. Courses include ES 1- series, lower division ESS and upper division ESS.

ESS 193 - Internship in Exercise and Sport (pass/no pass) – Upper division

Internship in exercise and sport provides an intensive opportunity for students to work in the field of exercise and sport. Internships are designed to expand knowledge relative to the field, expose students to professionals with years of experience and develop leadership skills. In addition, internships provide the start of a professional network that might eventually lead to letters of recommendation or even a job in the field.

Internships are available on campus and in the community working with UCSB recreational sports, UCSB athletics, high school athletics, health clubs, physical therapy offices, and professional sport teams.

Students must have a GPA of 3.0 or above and have taken ESS 96.

ESS 199 - Research in Exercise and Sport (letter grade) – Upper division

Independent research studies course provides the platform for students to be involved in a research project in the area of exercise and sport. Students will need to work closely with a faculty member or mentor who can guide them through the process of conducting a research study.

Students must have a GPA of 3.0 or above and have taken ESS 98.