



Lindsey Wilson University, Sport Performance (SPER) Curriculum

Program Mission Statement

The mission of the Sport Performance major (SPER) at Lindsey Wilson University is to recognize and cultivate competitive sport as a legitimate site of academic learning, preparing student-athletes to integrate their athletic experiences with intellectual, ethical, cultural, and professional development.

Grounded in theories of integrative learning, embodied pedagogy, ethical reasoning, intercultural competence, and teamwork, the program provides a structured academic framework in which student-athletes critically reflect on their practice, training, rehabilitation, and competition experiences. Through a balance of classroom instruction, supervised athletic engagement, and applied reflection, SPER creates a transformative learning environment that supports the University's mission of educating the whole student. The program also emphasizes the cultivation of professional skills, including leadership, communication, problem-solving, and adaptability, that prepare student-athletes for careers in sport, business, education, and other professional fields.

Program-Level Outcomes (PLOs)

PLO 1: Integrative Learning

Students will apply knowledge and skills from sport participation to broader learning experiences and future goals.

PLO 2: Critical Thinking & Ethical Decision-Making

Students will evaluate complex situations in sport using ethical reasoning to make informed decisions.

PLO 3: Cultural Awareness & Adaptability

Students will apply knowledge of diverse perspectives to demonstrate adaptability and respect in varied contexts.

PLO 4: Collaboration & Leadership

Students will demonstrate the ability to collaborate effectively and exercise leadership in applied learning experiences.

Program Requirements: 45 hours

- Core Requirements: 33 hours
 - **SPER 1003 – The Social History of Sport (3) (Participation)**
 - **WS 1003 – Intro Women & Gender Studies: Sport & Civil Rights (3)**



- **SPER 2103 – Integrating Sport and Scholarship (3) (Participation)**
- RSTM 2103 – Leadership and Diversity in Sport (3)
- PHED 2553 – Fitness Wellness (3)
- **SPER 3103 – Ethics in Action (3) (Participation)**
- PHED 3023 – Kinesiology (3)
- **BUSI 3963 – Applied Analytics (3)**
- **PSYC 3XX3 – Psychology of Sport (3)**
- **SCI 4XX3 – Sport Performance Research Methods (3)**
- **SPER 4903 – Senior Seminar (3) (Participation)**
- Program Electives: 12 hours
- Choose 4 courses (12 hours total) from the following list.
 - **ENGL 3743 – Sports Stories (3)**
 - PHED 1201 – First Aid (1)
 - PHED 2013 – Nutrition (3)
 - PHED 2133 – Motor Learning & Development (3)
 - PHED 3013 – Exercise Physiology (3)
 - PHED 3402 – Fundamentals of Coaching (2)
 - PHIL 3003 – Ethics (3)
 - PSYC 3403 – Social Psychology (3)
 - **BUSI 3743 – Content Creation (3)**
 - **SPER 3203 – Culture in Competition (3) (Participation)**
 - **SPER 3303 – Collaboration in Motion (3) (Participation)**
 - RSTM 2603 – Principles of Sport Management (3)
 - RSTM 3633 – Coaching Ethics and Strategies (3)
 - RSTM 4703 – Sport Law (3)
 - COMM 4713 – Leadership (3)



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