

East Stroudsburg University

East Stroudsburg University is one of the 14 institutions in the Pennsylvania State System of Higher Education.

School: University

Location(s): East Stroudsburg, PA

Section of PA: NE

Types of Degrees: AS, BS, MS, minors

Phone: 570 422 3211

Website: <https://www.esu.edu>

Admissions: Undergraduate <https://www.esu.edu/admissions/index.cfm>

Graduate <https://www.esu.edu/admissions/graduate/index.cfm>



Athletic Training (BS) (AS)

https://www.esu.edu/athletic_training/undergraduate_programs/index.cfm

Athletic Training is an exciting allied health field that places the athletic trainer in a position of substantial challenge and responsibility. With the competencies and skills developed through education and experience, a certified athletic trainer is in a unique position. They coordinate the athletic health care delivery system and make it function smoothly. The athletic trainer directly provides athletic training services, including injury prevention, injury evaluation, medical referral, emergency, and follow-up care, and injury rehabilitation. The Professional Practice program is intended for students interested in obtaining entry-level competency as athletic trainers. The program is accredited by the Commission on Accreditation of Athletic Training Education (CAATE). It is designed to prepare the student to become credentialed as an athletic trainer through the Board of Certification® and appropriate state regulatory agencies. The Pre-Professional Rehabilitation Sciences program is intended to prepare students for entry into professional programs in related rehabilitation sciences areas. This degree will prepare graduates for advanced training and education in rehabilitation health sciences and professional health programs. Graduates will also be ready to enter the rehabilitation and broader healthcare workforce in entry-level and pre-professional areas upon completion of the degree.

Exercise Science (BS) (MS)

<https://www.esu.edu/exercise-science/exercise-science-bs.cfm>

Exercise Science is the study of muscular activity and adaptations of the human body to this activity. The sub-disciplines of Exercise Science include Physiology, Biomechanics, and Nutrition. Students will learn to assess the health status of athletes, adults, and clinical patients, train athletes, develop exercise programs and use nutrition to enhance performance. Concentrations include Exercise Physiology, Sports and Exercise conditioning, and Therapeutic Sciences. All BS EXSC students must complete a professional internship as part of their program of study.

Physical Education and Health Education (BS)

https://www.esu.edu/physical_education/physical_education_and_health_education.cfm

The Physical Education and Health Teacher certification program is a unique and dynamic curriculum for prospective teachers. A student in this area will be prepared to become a physical education and health teacher in public schools. This degree program leads to Commonwealth teaching certificates in Health Education (P-12) and Health and Physical Education (P-12). Students interested in this program must complete the degree requirements for both a Bachelor of Science in Health Education and a Bachelor of Science in Physical Education.

Sport Management (BS) (MS)

<https://www.esu.edu/sport-management/sport-management-bs.cfm>

Throughout coursework and non-classroom activities, students will learn how to build marketing plans, plan and coordinate events, manage facilities, and analyze data. ESU sport management programs offer students to work with real-world sport organizations throughout their coursework. Students receive hands-on learning opportunities from multiple collaborative projects with industry, such as Special Olympics, Minor league professional baseball/hockey teams, and college athletics. Students can pursue professional careers in sport business, athletic administration, coaching, sport media, and communications and marketing.

Hospitality, Recreation, and Tourism Management

<https://www.esu.edu/hospitality/index.cfm>

ESU's Hospitality, Recreation, and Tourism Management programs are uniquely tied to the Pocono Mountains region hospitality industry. The programs offer a comprehensive foundation of courses and an opportunity for students to select elective courses within specific areas of industry interest.

Recreation Services Management (BS)

<https://www.esu.edu/hospitality/recreation-services-management-bs.cfm>

The Recreation Services Management degree program can prepare you for various career paths. Recreation Services Management professionals work with people of all ages, backgrounds, and needs. Graduates are able to apply leadership and managerial skills learned in the classroom to identify problems, resolve conflicts, manage decisions, and resolve issues in the hospitality and tourism industry. Work settings include; commercial recreation and event planning, community recreation, or outdoor recreation. Employment opportunities include ski areas, theme parks, stadiums, resorts, local government, and organizations such as the YMCA, Boy Scouts, and Girl Scouts. A career path in outdoor recreation provides people with opportunities to enjoy the natural environment and protect our natural resources. To succeed

in this dynamic field, one should enjoy working with people, have excellent organization and planning skills, possess initiative, and understand the importance of high-quality service. Students graduating from the program are immediately eligible to sit for the examination to become a Certified Park and Recreation Professional (CPRP), which is a professional certification program of the National Recreation and Park Association (NRPA).

Hotel, Restaurant, and Tourism Management (BS)

<https://www.esu.edu/hospitality/hotel-restaurant-tourism-management-bs.cfm>

Students of the Hotel, Restaurant, and Tourism Management program are introduced to this exciting industry and will be prepared to enjoy a successful career in the hospitality and tourism industry. The program offers a comprehensive foundation of courses and an opportunity for students to select elective courses in specific areas within the hospitality and tourism industry. The Hotel, Restaurant, and Tourism Management Bachelor of Science degree has three concentration options for majors: Hotel Management, Restaurant Management, or Tourism Management. The program is enhanced through activities supported by the hospitality industry.

Management and Leadership in Sport Management (MS)

<https://www.esu.edu/sport-management/management-leadership-ms.cfm>

The Master of Science Degree in Management and Leadership in Sport Management offers graduate-level instruction based on theory while providing opportunities to apply competencies to practical settings. The program features an interdisciplinary curriculum where students learn both management/leadership and sport business principles. Students will Strengthen their management, leadership, and decision-making abilities and prepare for the dynamic, technology-driven workforce they will encounter in the sport industry. With successful completion of the program, students can pursue career opportunities in athletic administration, sport business operations, coaching, sport sales and marketing, sport media communications, and many more at both private and public sport organizations. This program is the only COSMA-accredited Master's program in Sport Management in the states of PA, NJ, and NY.

Minors

Hotel, Restaurant, and Tourism Management Minor

<https://www.esu.edu/hospitality/hotel-restaurant-tourism-management-minor.cfm>

The Hotel, Restaurant, and Tourism Management Minor are open to non-Hotel, Restaurant, and Tourism Management students only. The required core courses provide students with an overview of the industry. In contrast, elective courses provide students with advanced knowledge and certificates to enhance their skillsets across different industry segments.

Event Planning Management Minor

<https://www.esu.edu/hospitality/event-planning-management-minor.cfm>

Students who earn the Event Planning Management Minor learn to coordinate and manage corporate meetings, exhibitions, conferences, and special events. Course work includes budgeting, promotions, site selection, food and beverage management, negotiations, and hospitality law.

Park Management Minor

<https://www.esu.edu/hospitality/park-management-minor.cfm>

The Park Management minor emphasizes the planning and design of recreation facilities, examines current sustainable practices, investigates trends in environmental education, and analyzes the ecological diversity of the National Park services and agencies. The 18-credit minor helps prepare students seeking a career in outdoor recreation and park management.

Athletic Coaching Minor

<https://www.esu.edu/sport-management/athletic-coaching-minor.cfm>

The Society of Health and Physical Educators (SHAPE; previously known as the National Association of Sport and Physical Education (NASPE)) has developed the National Standards of Sport Coaches, which identifies eight domains of coaching and provides standards and benchmarks. A solid minor in Athletic Coaching includes coursework from four departments to meet SHAPE's domains. The Athletic Coaching Minor will require students to take coursework across the four departments while still providing flexibility to meet the students' interests and needs.

Sport Management Minor

<https://www.esu.edu/sport-management/sport-management-minor.cfm>

Students interested in careers in the sport management industry could also diversify educational and applied experiences with a Sport Management Minor to complement many other majors (e.g., Media Communication & Technology, Communication, Business Management).

The Advanced Performance and Sport Coaching - online certificate

<https://www.esu.edu/exercise-science/advanced-sport-performance-coaching-certificate.cfm>

The Advanced Performance and Sport Coaching program is a 12-credit online certificate that enhances the theoretical foundation and practical skills of seasoned professionals in sport performance.

Specifically, coaches will advance their knowledge in motivational techniques and recovery models, organization and administration, strength and conditioning techniques, optimal training methods, biomechanical analysis of sport, and contemporary coaching strategies as outlined by the National Council for Accreditation of Coaching Education (NCACE).