

For lecturers teaching a full academic year (3 quarters),
9 IWC per year = 100% for the academic year

**Exercise & Sport Studies
Workload Equivalencies**

		Name of Class	IWC	Units	Lecture Hrs	Lab Hrs
Lower Division						
ESS	2	Substance Abuse	1	3	3	
ESS	3	Nutrition for Health	1	3	3	
ESS	4A	Life Fitness	0.75	2	1	3
ESS	7	Leadership & Team Building:	0.6	2	1	2
ESS	9	Principles of Health Promotion	0.6	2	2	
Upper Division						
ESS	130	Sport Administration	1	4	3	
ESS	131	Sport & Exercise Psychology	1	4	3	
ESS	140	Sport Management	1	4	3	
ESS	150	Care & Prevention of Athletic Injury	1	4	3	
ESS	160	Fiscal/Facility Management Techniques & Advanced	1	4	3	

Independent Studies*

ESS	96	Fieldwork		1-4		
ESS	98	Reading: Physical Activities, Recreation, Athletics & Exercise		1-4		
ESS	185	Teaching Exercise Science & Sport		1-4		
ESS	193	Internship in Physical Activities Recreation, Athletics & Exercise Science		1-4		
ESS	199	Independent Studies in Physical Activities		1-5		

*Instructor in charge of Independent Studies receives .30 FTE/quarter

Administrative Release Time ranges from .15 - .50 IWC

Work may involve updating curriculum or administrative oversight .15 - .50