

ESPT 103, Esports Health, Wellness, and Performance.

3 credits, 3 hours lecture

Course Description

This course provides an overview of the basic concepts of holistic wellness, physical activity, and factors that affect Esports-specific performance. A study of traditional kinesiology is combined with Esports best practices to facilitate optimal health outcomes.

Pre and Co-requisites

None.

Course Learning Outcomes (CLOs)

Upon successful completion of the course, the student shall be able to:

CLO1 Identify the dimensions of wellness.

CLO2 Discuss how each dimension of wellness applies to Esports.

CLO3 Display knowledge of non-training factors that affect Esports performance.

CLO4 Outline how resistance training and cardiovascular exercise improve quality of life and performance.

CLO5 Analyze dietary habits of Esports athletes.

CLO6 Critique how the food and beverages of typical Esports sponsors affect health and performance.

Evaluation

Assessment Type	Percentage
Discussion Board #1	5%
Discussion Board #2	5%
Discussion Board #3	5%
Individual Research Assignment #1	15%
Individual Research Assignment #2	15%
Major Assignment #1	25%
Major Assignment #2	25%
Total	100%

Course Completion Requirements

A grade of C- is required for progression.

The minimum standard for passing this course is a grade of D (50%).

Grading Scale

4.0 Grade Scale	Alpha Grade	Percentage Grade
4.0	A+	93-100
4.0	A	85-92.9
3.7	A-	80-84.9
3.3	B+	77-79.9
3.0	B	74-76.9
2.7	B-	70-73.9
2.3	C+	67-69.9
2.0	C	64-66.9
1.7	C-	60-63.9
1.3	D+	55-59.9
1.0	*D	50-54.9
0.0	F	0-49.9

Land Acknowledgement

We respectfully acknowledge that Keyano College is on Treaty No. 8 Territory, the ancestral and traditional territory of the Cree, Dene, and Métis people.

Review Date: November 26, 2024

Every effort has been made to ensure that information in this course outline is accurate at the time of publication. Keyano College reserves the right to change courses if it becomes necessary so that course content remains relevant. In such cases, the instructor will give the students clear and timely notice of the changes.

Keyano College reserves the right to modify the syllabus, curriculum, or schedule of any course/program, or to cancel a course/program entirely, at any time and for any reason. Such changes may be necessary due to unforeseen circumstances, regulatory requirements, or to ensure the highest quality of education.

Students will be notified of any significant changes as soon as possible. Keyano College is not responsible for any inconvenience or disruption caused by these changes. It is the responsibility of the students to stay informed about any updates or modifications to their courses.

All Rights Reserved: No part of this course outline may be reproduced or resold without Keyano College's written permission.