

CURRENT LANDSCAPE OF HIGHER EDUCATION PERFORMANCE & HEALTH-RELATED ESPORTS ACADEMIC PROGRAMMING

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INTRODUCTION – ESPORTS EDUCATION

Esports Education thrust into spotlight:

- Esports Certification Institute's (2021) Esports Professional Certificate
- Immense Industry Backlash after Launch ([Fitch, 2021](#))

Questions about:

- Need for formalized Esports Education Degrees/Certs?
(e.g., [DeKay, 2020](#); [Scholz, 2021](#))





INTRODUCTION – ESPORTS HEALTH EDUCATION

- **Esports Pros retire prematurely due to health complications**

Legendary AD carry Uzi retires at 23 due to serious health concerns

The greatest AD carry to never win worlds.

BY AMANDA "TANIA MAE" TAN JUNE 3, 2020 4:58 PM

Wrist injury forces Hai Lam to retire from Cloud9

MCV Staff 28th April 2015 PC

StarCraft Legend FlaSh to stop competing due to injury

August 7, 2019 in NEWS

Injury forces Fear into retirement

Andrew Robichaud, TSN.ca Staff

Name	Age	Game	Injuries	Date	Name	Age	Game	Injuries	Date
Physical					Mental				
Hax	21	Smash	Hand	January 2015	Olleh	24	LOL	Mental health incident	September 2018
Hai Lam	22	LOL	Wrist injury	April 2015	Plup	24	Smash	Panick attack	August 2018
Olofmeister	24	CS GO	Hand pain	April 2016	Seagull	25	OW	Mental health issues	August 2018
Freeze	22	LOL	Wrist injuries	July 2016	Effect	21	OW	Mental health	April 2019
Fear	28	Dota 2	Arm injury	September 2016	Perkz	22	LOL	Burnout	February 2020
Shox	26	CSGO	Wrist injury	January 2018	Hyp	24	OW	Burnout	April 2020
Mikyx	21	SC	Wrist injuries	May 2019	Olofmeister	28	CSGO	Loss of motivation	May 2020
Flash	27	Starcraft	Shoulder and back	August 2019	Gia1ve	25	CSGO	Burnout	May 2020
Uzi	23	LOL	Arm and shoulder	June 2020	Xyp9x	25	CSGO	Stress and Burnout	May 2020
Issa	19	Fortnite	Hand injury (CTS)	December 2020	Scar	?	MK11	Depression	May 2020
Ans	20	OW	Health condition	january 2021	Ans	20	OW	Mental health issues	January 2021
Zoomaa	25	COD	Wrist injury	January 2021	Rizzo	23	RL	Loss of motivation	March 2021
Get_Right	30	CSGO	Stomach Disease	January 2021	Canadian	24	R6	Loss of motivation	March 2021
XZl	19	OW	Neck and back pain	April 2021	Panix	25	R6	Mental health issues	April 2021
Maru	23	SC	Shoulder	December 2020	Clayster	28	COD	Loss of motivation	April 2021
ByUN	27	SC	Wrist Injury	April 2021	Showmaker	21	LOL	Burnout	July 2021
Kuroky	27	Dota 2	Hand injury	July 2020	Lucid	?	CSGO	Mental Health Sleep Schedule	October 2021
Tian	21	LOL	Wrist injury + stress	October 2021	oBo	17	CSGO	Fatigue / Exhaustion	September 2020
nex	26	CSGO	Wrist Injury	December 2018	m1cks	22	CSGO	Timezones / Schedules	September 2021
Xantares	26	CSGO	Hand Sweating	July 2021	allu	29	CSGO	Fatigue / Exhaustion	May 2021
K0nfig	20	CSGO	Wrist Surgery	August 2021	Stanislaw	27	CSGO	Mental Health	September 2021
byali	27	CSGO	Hand Injury	October 2021	Brehze	23	CSGO	Mental Health	September 2021
Skite	?	FN	Tendinopathy	March 2019	apEX	27	CSGO	Fatigue / Exhaustion	February 2021
Hawkers	?	FN	Wrist pain	May 2020	sergej	18	CSGO	Lack of motivation	November 2020
ZexRow	?	FN	Tendonitis	April 2019	Aerial	27	CSGO	Well-being issues	October 2020

- **Little is known** regarding amount & breadth of formalized Esports Health-related Academic Programming Worldwide
- **Little empirical evidence** exists surrounding Esports Education
-> Particularly research that targets investigating Formal Education of Esports Performance, Health, & Medicine in Higher Education



INTRODUCTION – BACKGROUND OF THIS STUDY

As part of a larger study inventorying 95 worldwide higher education esports programs
(Jenny et al., 2021)

The screenshot shows the article page on the IJESPORTS website. The page includes a navigation bar with 'ARTICLES', 'INTERVIEWS', 'INDUSTRY', 'EDITORIAL BOARD', 'SUBMISSION PORTAL', and 'CONTACT US'. The article title is 'Esports.edu: An Inventory and Analysis of Global Higher Education Esports Academic Programming and Curricula' by Seth Jenny, Joey Gawrysiak, and Nicolas Besombes. The page also features a 'How to Cite' section, a 'Published' date of 13 Sep 2021, a list of reviewers (Tom Brock and Stephanie Orme), and an abstract section. The abstract discusses the aim of the study to discuss the purpose of a higher education esports academic program, offer the first known comprehensive worldwide inventory and overview of these programs, and conduct an analysis of these programs' focus areas and curriculum. The abstract also mentions that data was collected through structured internet searches, global esports academic research networks, and personal correspondence. The abstract concludes that the vast majority of these programs (77.5%) focused on esports business (e.g., management, marketing) and, on average, these programs required 6.1 (SD = 3.5; range 1-15) esports-specific courses (i.e., modules). Moreover, findings also revealed that there are numerous higher education institutions that provide stand-alone esports courses that do not also offer esports academic programs were also revealed. Current trends and ideas regarding future directions of esports academic curriculum are presented. Implications discussed are important for esports industry job hiring decision-makers, prospective esports students, esports faculty members, esports researchers, and higher education administrators. The keywords are e-sports, academia, higher education, curriculum, instruction, pedagogy, #esportsEDU, gaming, education, degree, certificate, graduate, student, undergraduate.

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Published: 13 Sep 2021

Reviewers (Double-Blinded)

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OPEN ACCESS ORIGINAL RESEARCH ARTICLE

Esports.edu: An Inventory and Analysis of Global Higher Education Esports Academic Programming and Curricula

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Abstract

The aim of this study was to discuss the purpose of a higher education esports academic program, offer the first known comprehensive worldwide inventory and overview of these programs, and conduct an analysis of these programs' focus areas and curriculum. Data was collected through structured internet searches, global esports academic research networks, and personal correspondence. Underpinned by Diffusion of Innovations Theory's construct of innovation adoption, data was analyzed through a systematic iterative comparative content analysis. Findings revealed 80 esports bachelor's degree, master's degree, technical degree (i.e., diploma), certificate, or undergraduate minor programs delivered by 62 different higher education institutions globally, primarily located in North America and Europe. The vast majority of these programs (77.5%) focused on esports business (e.g., management, marketing) and, on average, these programs required 6.1 (SD = 3.5; range 1-15) esports-specific courses (i.e., modules). Moreover, findings also revealed that there are numerous higher education institutions that provide stand-alone esports courses that do not also offer esports academic programs were also revealed. Current trends and ideas regarding future directions of esports academic curriculum are presented. Implications discussed are important for esports industry job hiring decision-makers, prospective esports students, esports faculty members, esports researchers, and higher education administrators.



Keywords: e-sports, academia, higher education, curriculum, instruction, pedagogy, #esportsEDU, gaming, education, degree, certificate, graduate, student, undergraduate

Update on the Higher Education Esports Academic Program Inventory (Jenny, 2021)

<https://esportsresearch.net/2021/10/18/update-on-the-higher-education-esports-academic-program-inventory-seth-jenny>

Esports Research Network

Home Articles Podcast Conference About Members



OCTOBER 18, 2021

Update on the Higher Education Esports Academic Program Inventory – by Seth E. Jenny

ARTICLE MEMBER POST by Esports Research Network

Update on Our Higher Education Esports Academic Program Inventory

by Seth E. Jenny, Department of Exercise and Rehabilitative Sciences, Slippery Rock University of Pennsylvania, Slippery Rock, PA, USA

After two and a half years of cataloging and analysis, Dr. Joey Gawrysiak, Dr. Nicolas Besombes, and I published “Esports.edu: An Inventory & Analysis of Global Higher



PURPOSE OF THE STUDY

1. To offer **an analysis of the current global offerings** of performance & health-related esports degree, certificate, & minor academic programs
2. Individual **esports performance & health-related modules** within these programs will be presented



METHODOLOGY

- Data collection occurred: **July 2018 & March 2021**
- Internet **Search Terms & Inclusion Criteria:**
 - "e-sport", "e-sports", "esport", or "esports" included within the title of the higher education institution's "degree", "diploma", "certificate", or "minor" program
- **Solicited 2 Discord Servers:**
 - *Esports Research Network* (n = 164)
 - *Global Esports Studies* (n = 122)



METHODOLOGY

- **Higher Education Institution's** – Name, Location, & Language Taught
- **Esports Program's:**
 - Title
 - Type of Program (e.g., type of degree, certificate or minor)
 - Term and Year it Started
 - Objectives
 - Delivery Format (i.e., online or face-to-face)
 - Program Curriculum - individual “course” (i.e., module) Titles & Descriptions
- **Data Triangulated:**
 - Academic Institution Esports Program Websites
 - Media Articles
 - Personal Correspondence



METHODOLOGY

- **Comparative Content Analysis Design** (Saldaña & Omasta, 2018)
- **Microsoft Excel:**
 - All data was organized, categorized, analyzed, & coded into **common occurrence themes** (Given, 2016)
 - **Frequency Counts** of Data (i.e., type of program, focus area of the program, focus area of each course/module, etc.)
 - **Descriptive Statistics**



RESULTS – 1ST ANALYSIS: 95 PROGRAM FOCUS AREAS

Focus Areas of Global Higher Education Esports Academic Programs (n = 95)

Program Focus Area(s)	Program Type	Number of Programs within Focus Area	% of Focus Area Specific for Program Type	% of Focus Area across all Programs (n = 95)
Administration/Business/ Economics/Entrepreneurship/ Event Management/ Management/Marketing	Bachelor's Degrees	29	82.9%	80.0%
	Master's Degrees	8	61.5%	
	Technical Degrees	5	55.6%	
	Certificates	22	81.5%	
	Undergrad Minors	12	92.3%	
Broadcasting/Communication/ Media/Production/Public Relations	Bachelor's Degrees	4	11.4%	15.8%
	Master's Degrees	3	23.1%	
	Technical Degrees	2	22.2%	
	Certificates	4	14.8%	
	Undergrad Minors	2	15.4%	
Coaching/Performance/ Sport Science	Bachelor's Degrees	3	8.6%	12.6%
	Technical Degrees	3	33.3%	
	Certificates	5	18.5%	
	Undergrad Minors	1	7.7%	
Game Design/Information Technology	Bachelor's Degrees	6	17.1%	10.5%
	Master's Degrees	1	7.7%	
	Certificates	3	11.1%	
General Esports	Master's Degrees*	1	7.7%	3.2%
	Technical Degrees	1	11.1%	
	Certificates*	1	3.7%	
Gambling	Bachelor's Degrees	1	2.9%	1.1%





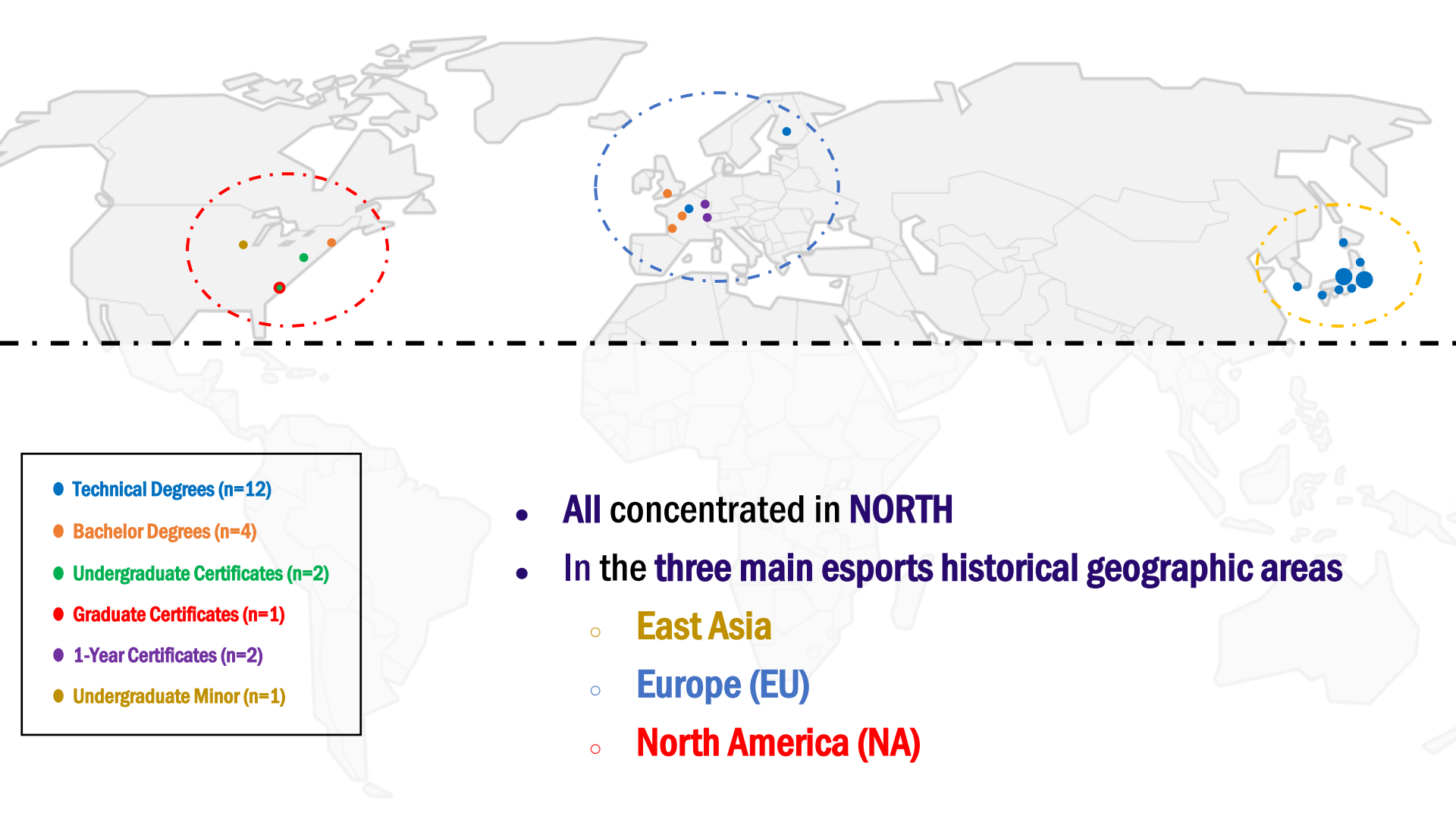
RESULTS – UPDATED ANALYSIS – 115 PROGRAM FOCUS AREAS

- Global Higher Education Esports **Performance & Health-related** Academic Programs (**n = 22**)

Technical Degrees	n = 12
Bachelor's Degrees	n = 4
Masters/PhD Degrees	n = 0
Undergraduate Certificates	n = 2
Graduate Certificates	n = 1
1-Year Certificates	n = 2
Undergraduate Minor	n = 1

19% of found programs focus on Esports Performance or Coaching

- **Majority** are focused on becoming a **better esports player** (i.e., skill development)
- **No** programs focused on **Esports Health or Medicine**



● Technical Degrees (n=12)

● Bachelor Degrees (n=4)

● Undergraduate Certificates (n=2)

● Graduate Certificates (n=1)

● 1-Year Certificates (n=2)

● Undergraduate Minor (n=1)

- All concentrated in **NORTH**
- In the **three main esports historical geographic areas**
 - East Asia
 - Europe (EU)
 - North America (NA)

- **Technical Degrees**
- **Bachelor Degrees**
- **Undergraduate Certificates**
- **Graduate Certificates**
- **1-Year Certificates**
- **Undergraduate Minor**

EAST ASIA

Chunnam Techno University (2007)
Jeollanam-do, South Korea

Fukuoka Design & Technology College (2019)
Fukuoka, Japan

Kobe Koyo School of Music & Dance (2021)
Kobe, Japan

Osaka & IT Technology College (N/A)
Osaka, Japan
Osaka Anime / Voice Actor & E-sports College (2020)
Osaka, Japan

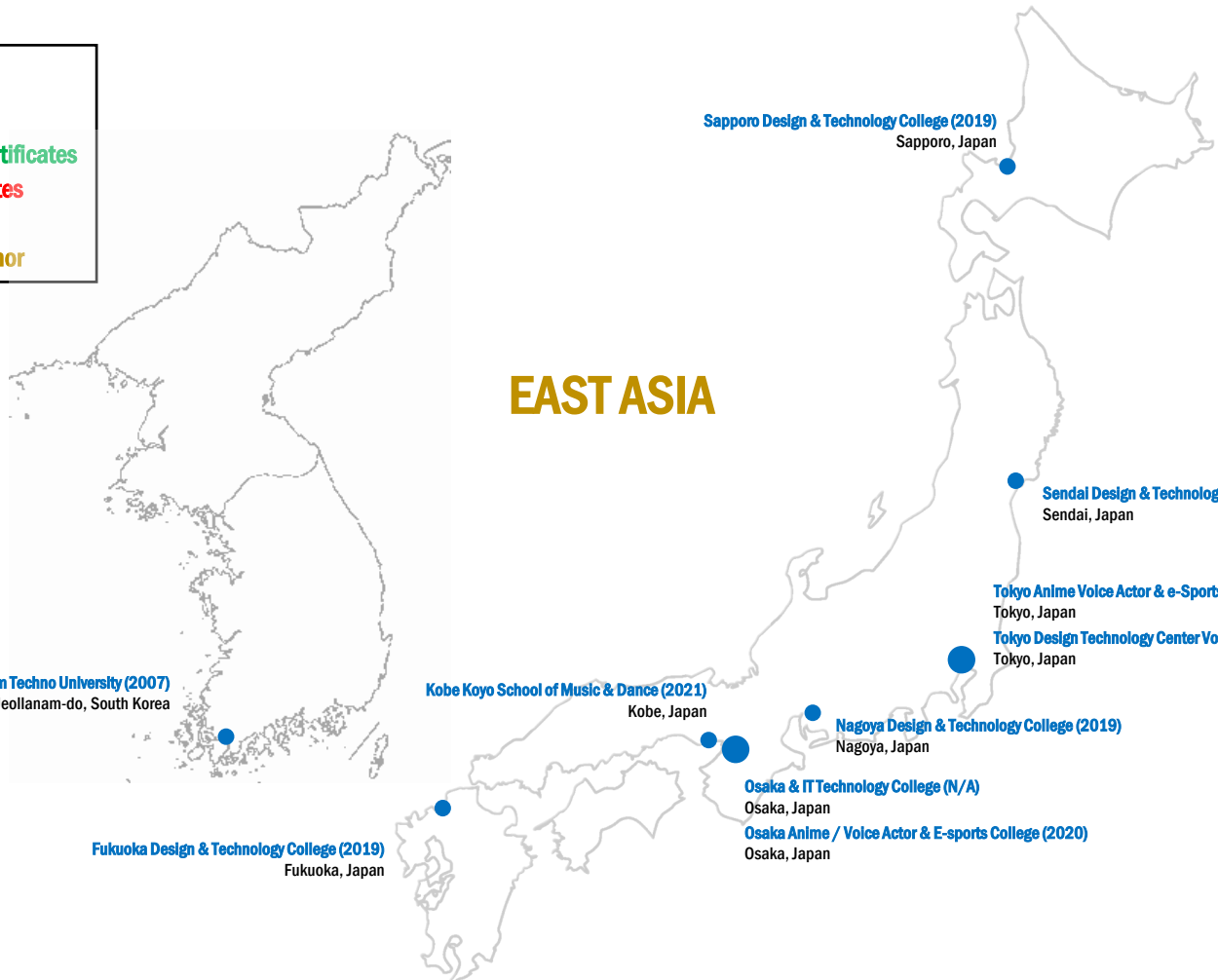
Nagoya Design & Technology College (2019)
Nagoya, Japan

Tokyo Anime Voice Actor & e-Sports College (2016)
Tokyo, Japan

Tokyo Design Technology Center Vocational School (2019)
Tokyo, Japan

Sendai Design & Technology College (2019)
Sendai, Japan

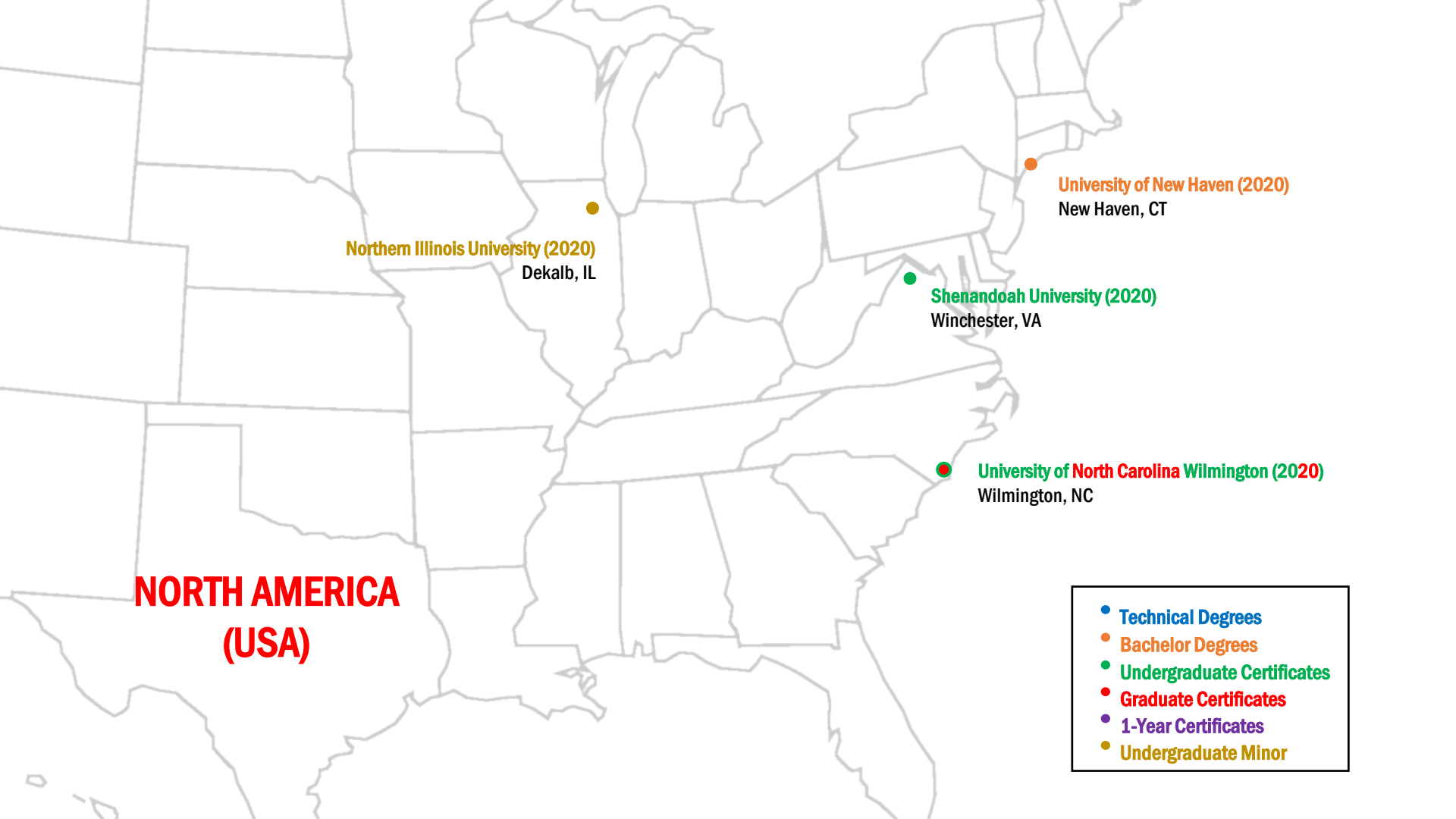
Sapporo Design & Technology College (2019)
Sapporo, Japan



EUROPE



- Technical Degrees
- Bachelor Degrees
- Undergraduate Certificates
- Graduate Certificates
- 1-Year Certificates
- Undergraduate Minor



NORTH AMERICA (USA)

Northern Illinois University (2020)
DeKalb, IL

University of New Haven (2020)
New Haven, CT

Shenandoah University (2020)
Winchester, VA

University of North Carolina Wilmington (2020)
Wilmington, NC

- **Technical Degrees**
- **Bachelor Degrees**
- **Undergraduate Certificates**
- **Graduate Certificates**
- **1-Year Certificates**
- **Undergraduate Minor**

TECHNICAL DEGREES (N = 12)

HIGHER EDUCATION INSTITUTION	LOCATION (LANGUAGE, IF NOT ENGLISH)	YEAR DEGREE PROGRAM STARTED	ESPORTS DEGREE OFFERED	ESPORTS DEGREE FOCUS AREA(S)	APPROX. NUMBER OF ESPORTS-SPECIFIC COURSES
Ahlman College	Orivesi, Finland (Finnish)	2016	Esport-linja (1 year diploma)	Performance	n/a
Chunnam Techno University	Jeollanam-do, South Korea (Korean)	2007	Esports (2yr program)	Performance	n/a
Fukuoka Design & Technology College (FCA)	Fukuoka, Japan (Japanese)	2019	E-sports Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
Kobe Koyo School of Music & Dance (KOYO)	Kobe, Japan (Japanese)	2021	E-sports Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
Nagoya Design & Technology College (NCA)	Nagoya, Japan (Japanese)	2019	E-sports Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
Osaka & IT Technology College (OCA)	Osaka, Japan (Japanese)	n/a	E-sports Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
Osaka Anime / Voice Actor & E-sports College (OAS)	Osaka, Japan (Japanese)	2020	E-sports Professional Gamer Course (3yr Diploma)	Pro Gamer	n/a
Sapporo Design & Technology College (SSA)	Sapporo, Japan (Japanese)	2019	E-sports Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
Sendai Design & Technology College (SCA)	Sendai, Japan (Japanese)	2019	E-sports Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
Tokyo Anime Voice Actor & e-Sports College (TSA)	Tokyo, Japan (Japanese)	2016	Super Pro Gamer Major (3yr Diploma)	Pro Gamer	n/a
Tokyo Design Technology Center Vocational School (TECH.C.)	Tokyo, Japan (Japanese)	2019	E-sports / Professional Gamer Major (3yr Diploma)	Pro Gamer	n/a
University of Paris / University of Poitiers	Paris, France (French & English)	2022	Esports Management, Health & Performance (1 year diploma)	Performance / Health	4

BACHELOR DEGREES (N = 4)

HIGHER EDUCATION INSTITUTION	LOCATION (LANGUAGE, IF NOT ENGLISH)	YEAR DEGREE PROGRAM STARTED	ESPORTS DEGREE OFFERED	ESPORTS DEGREE FOCUS AREA(S)	APPROX. NUMBER OF ESPORTS-SPECIFIC COURSES
ISEFAC Bachelor	Multiple sites in France (French)	2017 F	Bachelor of Esports & Gaming	Coaching	10
University of Chichester	Chichester, UK	2019	B.A. (Hons) Esports	Sports Science	15
University of New Haven	New Haven, CT, USA	2020 F	B.S. Esports & Gaming	Performance	15
Education Gaming School (The Digital Gaming School)	Talence, France (French)	2019	Bachelor Esports Training - Digital Careers	Performance	n/a
			Bachelor Business School - Esports Training		
			Bachelor Esports Training - Computer Engineer		
University of Chichester	Chichester, UK	2019	B.A. (Hons) Esports	Sports Science	15

UNDERGRADUATE CERTIFICATES (N = 2)

HIGHER EDUCATION INSTITUTION	LOCATION (LANGUAGE, IF NOT ENGLISH)	YEAR DEGREE PROGRAM STARTED	ESPORTS DEGREE OFFERED	ESPORTS DEGREE FOCUS AREA(S)	APPROX. NUMBER OF ESPORTS-SPECIFIC COURSES
Shenandoah University	Winchester, VA, USA	2020 F	Undergrad - Esports Coaching	Coaching	3
University of North Carolina – Wilmington	Wilmington, NC, USA	2020 F	Undergrad - eSports Performance & Management	Performance	6

GRADUATE CERTIFICATES (N = 1)

HIGHER EDUCATION INSTITUTION	LOCATION (LANGUAGE, IF NOT ENGLISH)	YEAR DEGREE PROGRAM STARTED	ESPORTS DEGREE OFFERED	ESPORTS DEGREE FOCUS AREA(S)	APPROX. NUMBER OF ESPORTS-SPECIFIC COURSES
University of North Carolina – Wilmington	Wilmington, NC, USA	2020 F	Grad - eSports Performance, Management & Leadership	Performance	6

1-YEAR CERTIFICATES (N = 2)

HIGHER EDUCATION INSTITUTION	LOCATION (LANGUAGE, IF NOT ENGLISH)	YEAR DEGREE PROGRAM STARTED	ESPORTS DEGREE OFFERED	ESPORTS DEGREE FOCUS AREA(S)	APPROX. NUMBER OF ESPORTS-SPECIFIC COURSES
Helios Gaming School	Multiple Sites in France (French)	2018	1 Year Certificate - Esports	Esports Player	n/a
Power House Gaming	Mulhouse, France (French)	2017	1 Year Certificate - Cyberathlete	Performance Training	5

UNDERGRADUATE MINOR (N = 1)

HIGHER EDUCATION INSTITUTION	LOCATION (LANGUAGE, IF NOT ENGLISH)	YEAR DEGREE PROGRAM STARTED	ESPORTS DEGREE OFFERED	ESPORTS DEGREE FOCUS AREA(S)	APPROX. NUMBER OF ESPORTS-SPECIFIC COURSES
Northern Illinois University	Dekalb, IL	2020 F	Esports Industry Professions	Performance	4



RESULTS – UPDATED ANALYSIS – 115 PROGRAM FOCUS AREAS

INDIVIDUAL PERFORMANCE & HEALTH-RELATED ESPORTS MODULES

Higher Education Institution	Location (Language, if not English)	Year Course Started	Course Level	Esports Course(s) Offered	Related Academic Program(s) Offering Course(s)
Boise State University	Boise, ID, USA	2018 Sp	Undergrad	Lifetime Esports	Performance
Colegio Oficial de la Psicología de Madrid	Madrid, Spain (Spanish)	2021 Sp	Undergrad	Online expert in Psychology and Esports	Psychology
Slippery Rock University of Pennsylvania	Slippery Rock, PA, USA	2022 Sp	Undergrad	Current Issues in Esports Health & Society	Undergrad Esports Minor
University of Copenhagen	Copenhagen, Denmark (Danish)	2018 Sp	Undergrad	Introduction to Sport and eSports Psychology	Psychology



RESULTS – REQUIRED ESPORTS-SPECIFIC MODULES (n = 404)

Course/Module Focus Area(s)	Sample Course Titles	Number of Courses (Percentage of Total)
Esports Business/Management	The Business of Esports; Managing Esports; E-sport League Operations	88 (21.8%)
Introduction to/History of Esports	Introduction to the Esports Ecosystem; Overview of Esports	53 (13.1%)
Esports Media Production/Communication	Media & Broadcasting in Esports; Esports Gaming & Digital Media	50 (12.4%)
Esports Event/Venue Management	Esports Event Management; Esports Project Management: Live Events	43 (10.6%)
Esports Performance/Coaching	Intro. to Esports Coaching; Game Analysis; Skills & Strategy Developm.	32 (7.9%)
Video Game Design/Studies	Introduction to Game Design; Game Development; Intro. to Game Studies	27 (6.7%)
Esports Internship/Practicum	Esports Professional Immersion; Esports Management Practicum	26 (6.4%)
Esports Marketing/Branding	E-sports Marketing & Branding; Marketing in Esports	22 (5.4%)
Esports Ethics/Law/Governance	Esports Integrity Regulation & Risk; Advanced Law for Esports Orgs.	19 (4.7%)
Esports Trends/Current Issues	Contemporary Issues in Esports; Esports Industry Trends	19 (4.7%)
Esports Sociology	Sociological Impact of E-sports; Esports in Society; Esports Sociology	9 (2.2%)
Esports Capstone/Thesis/Dissertation	Capstone in E-sports; Dissertation; Thesis; Masters Project	8 (2.0%)
Esports Medicine/Health	Esports Injuries & Rehabilitation; Health & Wellbeing for Esports Comp.	5 (1.2%)
Esports Research Methods	Research Methods and Esports Data; Methods in Esports Research	3 (0.7%)
Total:		404 Courses

- 77 programs where curriculum was available

- Courses NOT counted twice at same institution



RESULTS – RECENT PHD OPPORTUNITY



UNIVERSITY OF
CHICHESTER

PhD Predicting performance & mental ill health in esports players ...

PSYCHOLOGY

SPORTS SCIENCE

Chichester Campus

OVERVIEW

Posted on: 11th Nov 2021

Funding amount: Funding Available

REF: RQ0000001527

Closes: 29th November 2021

Contract Type: Fixed-Term/Contract

Hours: Full Time

EMAIL THIS JOB TO A FRIEND

BOOKMARK IT

APPLY NOW

PhD Predicting performance & mental ill health in esports players ...

Job description

PhD in Predicting performance and mental ill health in esports players using heart rate variability.

- Institute of Sport, Nursing and Allied Health (IOSNAH)
- Up to **3 full-time research bursaries** (PhD studentships) within Sport & Physical Activity
- **Dr Phil Birch** p.birch@chi.ac.uk



IMPLICATIONS

- Educating esports practitioners on the health management of players is **paramount for the sustainability of the esports ecosystem.**
- Developing esports-specific health promotion knowledge, skills, and abilities among future esports professionals could contribute to **lengthening professional player careers** and increasing the health of players at all levels.

Formal education *maybe* a part of this solution



SUMMARY

The **purpose of this presentation was to:**

- Provide an **Inventory** of what is currently being offered regarding Esports Health/Performance Education in Higher Education globally
- Offer a brief **Analysis** of the current global offerings of performance & health-related esports degree, certificate, & minor academic programs
- **While Health is recognized as a major issue with ESPORTS...**
 - There is a LACK of Formalized Education on Esports Health in Higher Education
 - We don't know **what** is currently being taught in the few esports health-related **modules** offered **or** **who** is teaching it???



LINGERING QUESTIONS

1. **Will graduates of esports health/performance students acquire jobs?**
 - In what field?
 - What **roles** must all esports organizations have on staff relating to esports health?
 - Will the **esports industry** accept these graduates?
2. **Is Esports Health a SEPARATE FIELD, or a sub-field of Sports Medicine?**
 - **Who** should teach these courses?
3. **How should esports health/programs be constructed?**
 - Imbedded within **sports medicine** (sport psych, PT, OT, AT, etc.) programs?
 - Stand-alone Degree or Certificate programs? Undergrad or Grad level?
4. **What should the Curriculum include? Skills to be taught?**



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THANK YOU FOR YOUR ATTENTION!

QUESTIONS?

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Please contact us regarding any higher ed. esports degree programs we may have missed!