

# Recreation and Sport Management - Health and Wellness Emphasis, BS

## Program Description

The Recreation and Sport Management bachelor's degree focuses on fostering healthy lifestyles, effective management of organizations, and the social and economic development of communities through recreation, tourism and sport services.

### Emphases within this degree program include:

- Sport and Athletic Administration
- Health and Wellness
- Experience Management

## Program Curriculum

### 120 credits

### Utah Tech General Education Requirements

All Utah Tech General Education requirements must be fulfilled. A previously earned degree may fulfill those requirements, but courses must be equivalent to Utah Tech's minimum General Education standards in American Institutions, English, and Mathematics.

General Education Core Requirements ([catalog.utahtech.edu/programs/generaleducation/#gerequirementstext](https://catalog.utahtech.edu/programs/generaleducation/#gerequirementstext))

Code	Title	Hours
English		3-7
Mathematics		3-5
American Institutions		3-6
Life Sciences		3-10
Physical Sciences		3-5
Fine Arts		3
Literature/Humanities		3
Social & Behavioral Sciences		3

### Recreation and Sport Management Core Requirements

Code	Title	Hours
RSM 1110	Leisure in Society (SS, GC)	3
RSM 2070	Fundamentals of Sport and Leisure Management	3
RSM 2600	Recreation and Sport Leadership	3
ISA 2010	Introduction to Business Data Analytics	3
RSM 3000	Program and Experience Design	3
RSM 3120	Sport and Society	3
RSM 3820R	Practicum in Recreation and Sport (3 credits minimum to graduate)	1-3
RSM 3900	Recreation and Sport Marketing	3
RSM 3950	Supervision and Human Resources in Recreation and Sport	3
RSM 4000	Legal Foundations in Recreation and Sport	3
RSM 4050	Sales and Revenue Generation in Sport	3
RSM 4100	Financial Management in Recreation and Sport	3
RSM 4200	Professional Development	1

RSM 4620	Senior Seminar	2
RSM 4820R	RSM Internship (6 credits minimum to graduate)	3-12

## Health and Wellness Emphasis Requirements

Code	Title	Hours
XSCI 2120	Principles of Fitness and Lifestyle Management	3
or XSCI 2200	Nutrition for Sport and Exercise	
XSCI 4010	Health Coaching Concepts and Skills I	3
XSCI 4020	Health Coaching Concepts and Skills II	3
XSCI 4230	Applied Fitness Development for Aging and At-Risk Populations	3
or XSCI 3510	Applied Exercise Physiology	
XSCI 4500	Theories of Behavioral Change	3
or XSCI 2060	Sport and Exercise Psychology	

## Graduation Requirements

1. Complete a minimum of 120 college-level credits (1000 and above).
2. Complete at least 40 upper-division credits (3000 and above).
3. Complete at least 30 upper-division credits at Utah Tech for institutional residency.
4. Cumulative GPA 2.0 or higher.
5. Cumulative GPA of 2.5 or higher in Recreation & Sport Management major coursework.

## Graduation Plan

### 1st Year

Fall Semester	Hours Spring Semester	Hours
First Year Recommended Elective	2 ENGL 2010	3
ENGL 1010	3 General Education (Fine Arts) (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)	3
RSM 1110	3 General Education (Mathematics) (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)	3
General Education (Life Science) (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)	3 RSM 2500	3
General Elective	3 General Elective	3
	<b>14</b>	<b>15</b>

### 2nd Year

Fall Semester	Hours Spring Semester	Hours
General Education (Physical Sciences) (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)	3 RSM 2600	3
General Education (American Institutions) (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)	3 RSM 3000	3
XSCI 2120	3 General Education (Literature / Humanities) (catalog.utahtech.edu/programs/generaleducation/#gerequirementstext)	3

XSCI 2200	3 General Elective	3
General Elective	3 General Elective	3
<b>15</b>		<b>15</b>
<b>3rd Year</b>		
<b>Fall Semester</b>	<b>Hours Spring Semester</b>	<b>Hours</b>
XSCI 4700	3 XSCI 4500	3
RSM 3120	3 RSM 3900	3
RSM 3950	3 RSM 2430	
RSM 4100	3 RSM 4000	3
General Elective	3 General Elective	3
<b>15</b>		<b>12</b>
<b>4th Year</b>		
<b>Fall Semester</b>	<b>Hours Spring Semester</b>	<b>Hours</b>
RSM 4200	1 RSM 4820R (6 credits minimum to graduate)	12
RSM 4620	2 General Elective	3
COMM 3200	3	
HLTH 3310	3	
General Elective	3	
General Elective	3	
<b>15</b>		<b>15</b>

**Total Hours 116**

## BS Recreation and Sport Management Program Learning Outcomes

At the successful conclusion of this program, students will be able to:

1. Analyze data from a variety of sources and perspectives relative to philosophical, historical and the social behavioral sciences relative to leisure and sport.
2. Investigate the nature and scope of related professions and the techniques and processes used by professionals in the recreation and sport industry.
3. Demonstrate a variety of skills appropriate for facilitating targeted human experiences in leisure services.
4. Integrate entry-level skills of operations and strategic management in the recreation and sport profession.
5. Demonstrate the potential to succeed as a professional in the recreation and sport industry.