

BACHELOR OF ARTS – SPORTS AND RECREATION MANAGEMENT

A student must complete the Essential Studies requirements, the following core requirements, and one of the options listed below. Consultation with an advisor is recommended to help plan the sequencing of classes.

Core Requirements

Code	Title	Credits
Essential Studies (http://catalog.csc.edu/undergraduate/essential-studies-program)		
Core Requirements		
HPER 234	INTRODUCTION TO SPORT AND RECREATION MANAGEMENT	3
HPER 332	SAFETY AND FIRST AID ¹	2
HPER 333	LEADERSHIP IN RECREATION ¹	3
HPER 335	ADMINISTRATION OF SPORT AND RECREATION	3
HPER 337	RECREATION FOR DIVERSE POPULATIONS	3
HPER 437	LEGAL ASPECTS OF SPORTS AND RECREATION	3
HPER 440	PREVENTION AND CARE/ATHLETIC INJURIES	3
HPER 449	EVENT AND FACILITY MANAGEMENT	3
HPER 490	INTERNSHIP IN SPORT AND RECREATION MANAGEMENT	3
MGMT 230	PRINCIPLES OF MANAGEMENT	3
MKTG 231	PRINCIPLES OF MARKETING	3
Select one of the following options:		21-25
Athletic Training Preparation (p. 1)		
Community and Adventure Recreation (p. 1)		
Exercise Science (p. 1)		
Sport Leadership (p. 2)		
Total Credits		53-57

¹ Requires a Prerequisite.

Athletic Training Preparation Option

Code	Title	Credits
Core Requirements		
FCS 447	NUTRITION FOR SPORT & WELLNESS	3
HPER 134	INTRODUCTION TO ATHLETIC TRAINING	1
HPER 232	ANATOMICAL AND PHYSIOLOGICAL KINESIOLOGY	3
HPER 336	FITNESS EVALUATION AND EXERCISE PRESCRIPTION ¹	3
HPER 429	MOTOR MOVEMENT	3
HPER 439 & 439L	BIOMECHANICS OF SPORTS and BIOMECHANICS OF SPORTS LABORATORY ¹	3
MATH 232	APPLIED STATISTICS	3
PSYC 131	INTRODUCTION TO PSYCHOLOGICAL SCIENCES	3
Total Credits		54

Students interested in entering into graduate programs in Athletic Training must complete the minor in Human Biology in addition to the program above.

Community and Adventure Recreation Option

Code	Title	Credits
Core Requirements		
AGRI 235	INTRODUCTION TO WILDLIFE MANAGEMENT	3
GEOS 137	ENVIRONMENTAL GEOLOGY	3
HPER 102	SHOOTING ACTIVITIES	3
HPER 120	OUTDOOR ACTIVITIES	3
HPER 221	RECREATION PROGRAMMING	3
HPER 442	AQUATICS AND WATER SAFETY	3
HPER 436	ADVENTURE BASED LEARNING	3
Total Credits		53

Exercise Science Option

The Exercise Science option within the Sport Management degree is a nationally recognized program by the National Strength and Conditioning Association (NSCA).

Students who complete the Sport Management/Exercise Science degree will be prepared to take the Strength and Conditioning and/or Personal Training certification exam administered by the NSCA.

Code	Title	Credits
Core Requirements		
FCS 447	NUTRITION FOR SPORT & WELLNESS	3
HPER 209	ADVANCED FITNESS ACTIVITIES	3
HPER 232	ANATOMICAL AND PHYSIOLOGICAL KINESIOLOGY	3
HPER 336	FITNESS EVALUATION AND EXERCISE PRESCRIPTION ²	3
HPER 429	MOTOR MOVEMENT	3
HPER 439 & 439L	BIOMECHANICS OF SPORTS and BIOMECHANICS OF SPORTS LABORATORY ²	3
HPER 442	AQUATICS AND WATER SAFETY	3
HPER 454	PRINCIPLES OF PERSONAL TRAINING ²	3
Total Credits		56

² Requires a Prerequisite.

Recommended Essential Studies Courses

Students interested in entering into graduate programs in Exercise Science are recommended to complete the following courses in addition to the program above:

Code	Title	Credits
MATH 232	APPLIED STATISTICS	3
BIOL 138 & 138L	GENERAL BIOLOGY: BOTANY and GENERAL BIOLOGY: BOTANY LABORATORY	4
BIOL 139 & 139L	GENERAL BIOLOGY: ZOOLOGY and GENERAL BIOLOGY: ZOOLOGY LABORATORY	4

Recommended Elective Courses

Code	Title	Credits
PSYC 131	INTRODUCTION TO PSYCHOLOGICAL SCIENCES	3
BIOL 340 & 340L	HUMAN ANATOMY and GROSS HUMAN ANATOMY LABORATORY	4
BIOL 342 & 342L	HUMAN PHYSIOLOGY and HUMAN PHYSIOLOGY LABORATORY	4

Sport Leadership Option

Code	Title	Credits
Core Requirements		32
FCS 447	NUTRITION FOR SPORT & WELLNESS	3
HPER 220	THEORY AND PSYCHOLOGY OF COACHING	3
HPER 232	ANATOMICAL AND PHYSIOLOGICAL KINESIOLOGY	3
HPER 336	FITNESS EVALUATION AND EXERCISE PRESCRIPTION ³	3
HPER 439 & 439L	BIOMECHANICS OF SPORTS and BIOMECHANICS OF SPORTS LABORATORY ³	3
HPER 453	SPORTS OFFICIATING ³	3
HPER 494	TECHNIQUES OF COACHING I ³	3
HPER 495	TECHNIQUES OF COACHING II ³	3
Total Credits		56

³ Requires a Prerequisite.