

# BACHELOR OF ARTS – SPORT, FITNESS 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.

Code	Title	Credits
Essential Studies ( <a href="http://catalog.csc.edu/undergraduate/essential-studies-program/">http://catalog.csc.edu/undergraduate/essential-studies-program/</a> )		
Core Requirements		
HPER 234	INTRODUCTION TO SPORT AND RECREATION MANAGEMENT	3
HPER 333	LEADERSHIP IN RECREATION <sup>1</sup>	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 & CARE/ATHLETIC INJ	3
HPER 449	EVENT AND FACILITY MANAGEMENT	3
HPER 490	INTERNSHIP IN HPER	3
MKTG 231	PRINCIPLES OF MARKETING	3
Select one of the following options:		23-30
Athletic Training Preparation (p. 1)		
Community and Adventure Recreation (p. 1)		
Fitness and Wellness (p. 1)		
Sport Leadership (p. 1)		
Strength and Conditioning (p. 2)		
<b>Total Credits</b>		<b>50-57</b>

<sup>1</sup> Requires a Prerequisite.

## Athletic Training Preparation Option

Code	Title	Credits
Core Requirements		
FCS 447	NUTRITION FOR SPORT & WELLNESS	3
HPER 134	INTRO TO ATHLETIC TRAINING	1
HPER 232	APPLIED EXERCISE PHYSIOLOGY	3
HPER 332	SAFETY AND FIRST AID	2
HPER 336	FITNESS EVAL & EXERCISE PRESCR <sup>1</sup>	3
HPER 429	MOTOR MOVEMENT	3
HPER 439	BIOMECHANICS OF SPORTS <sup>1</sup>	3
HPER 442	AQUATICS AND WATER SAFETY	3
HPER 454	PRINCIPLES OF PERSONAL TRAINING	3
MATH 232	APPLIED STATISTICS	3
PSYC 131	INTRODUCTION TO PSYCHOLOGICAL SCIENCES	3
<b>Total Credits</b>		<b>57</b>

Students interested in entering into graduate programs in Athletic Training must consult with their advisor to select necessary pre-requisite courses.

## 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 332	SAFETY AND FIRST AID	2
HPER 442	AQUATICS AND WATER SAFETY	3
HPER 436	ADVENTURE BASED LEARNING	3
<b>Total Credits</b>		<b>50</b>

## Fitness and Wellness Option

Code	Title	Credits
Core Requirements		
HPER 108	FITNESS ACTIVITIES	3
HPER 232	APPLIED EXERCISE PHYSIOLOGY	3
HPER 233	PERSONAL HEALTH/WELLNESS	3
HPER 332	SAFETY AND FIRST AID	2
HPER 342	GROUP FITNESS INSTRUCTION	3
HPER 439	BIOMECHANICS OF SPORTS <sup>2</sup>	3
HPER 442	AQUATICS AND WATER SAFETY	3
HPER 454	PRINCIPLES OF PERSONAL TRAINING	3
FCS 247	NUTRITION	3
FCS 417	LIFESPAN WELLNESS	3
<b>Total Credits</b>		<b>56</b>

<sup>2</sup> Requires a Prerequisite.

Note: Students interested in entering graduate programs or seeking certification in a specialized area should consult an advisor to determine additional courses necessary to meet the pre-requisites required for entry into graduate programs.

## Sport Leadership Option

Code	Title	Credits
Core Requirements		
FCS 447	NUTRITION FOR SPORT & WELLNESS	3
HPER 220	THEORY AND PSYCHOLOGY OF COACHING	3
HPER 232	APPLIED EXERCISE PHYSIOLOGY	3
HPER 332	SAFETY AND FIRST AID	2
HPER 336	FITNESS EVAL & EXERCISE PRESCR <sup>3</sup>	3
HPER 439	BIOMECHANICS OF SPORTS <sup>3</sup>	3
HPER 453	SPORTS OFFICIATING <sup>3</sup>	3
HPER 456	ESSENTIALS OF STRENGTH AND CONDITIONING	3
HPER 494	TECHNIQUES OF COACHING I <sup>3</sup>	3
HPER 495	TECHNIQUES OF COACHING II <sup>3</sup>	3
<b>Total Credits</b>		<b>56</b>

<sup>3</sup> Requires a Prerequisite.

## Strength and Conditioning Option

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

Students who complete the Sports, Fitness and Recreation Management/ Strength and Conditioning degree must take the Strength and Conditioning certification exam administered by the NSCA.

Code	Title	Credits
Core Requirements		27
BIOL 121	HUMAN BIOLOGY	2
BIOL 121L	HUMAN BIOLOGY LABORATORY	1
FCS 447	NUTRITION FOR SPORT & WELLNESS	3
HPER 204	TRAINING METHODS	3
HPER 220	THEORY AND PSYCHOLOGY OF COACHING	3
HPER 232	APPLIED EXERCISE PHYSIOLOGY	3
HPER 336	FITNESS EVAL & EXERCISE PRESCR <sup>4</sup>	3
HPER 340	PRACTICUM IN STRENGTH AND CONDITIONING	3
HPER 429	MOTOR MOVEMENT <sup>4</sup>	3
HPER 439	BIOMECHANICS OF SPORTS	3
HPER 456	ESSENTIALS OF STRENGTH AND CONDITIONING	3
Total Credits		57

### Footnotes

<sup>4</sup> Requires a Prerequisite