

# 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
Exploration		3-5

### 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	Proficiency in Excel & SQL	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	

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## 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.