

# HHP | BACHELOR OF SCIENCE IN HEALTH AND HUMAN PERFORMANCE (RECREATION OR SPORTS MANAGEMENT)

In this concentration, students can select to concentrate their studies in Recreation Programming or Sport Management. Students try everything from aquatics to volleyball; recreation programming to sports administration. Course work in the desired area is complemented with hands-on experiences in recreation programming and sports management administration.

Students gain hands-on experience working with all ages through partnerships with local nursing homes, the Hays Recreation Commission, FHSU Athletics and FHSU Intramurals. Recreation and Sports Management alumni find themselves employed anywhere from community/private recreation centers, athletic administration positions at all academic levels (collegiate to middle school) and professional sports teams.

**A Unique Opportunity:** Fort Hays State University has partnered with Sports Management Worldwide (<https://www.sportsmanagementworldwide.com/courses/>), SMWW, the global leader in online sports business education, to give students the opportunity to gain a “what you know” and “who you know” real-world experience of working in the field while getting your degree. You will have the opportunity to work with sports entities in the specific field you want to work in; basketball, baseball, football, hockey, soccer, golf, tennis, racing, MMA, rugby, or cricket. You will even find courses in esports, cryptocurrency, and sports betting! Interested, contact the Department of Health and Human Performance for more information on this opportunity.

## Program Summary

Your 120-hour program of study includes:

- a 34-hour university general education program. The goal of this program and framework of this program is designed to provide maximum transferability and flexibility for students within the Kansas Board of Regents (KBOR) system. For a full listing of current FHSU courses that apply toward the KBOR Systemwide Transfer GE program, please visit our website.
- a 25-hour core of professional courses common to all Health and Human Performance majors
- a Recreation/Sport Management core
- a concentration core along with a selection of classes specific to your area of study
- a selection of general electives designed to complement your area of study

<sup>1</sup> Open electives are the credit hours required to reach a minimum of 120 total hours and 45 upper-level hours. The number listed assumes all courses are completed at FHSU as listed. This number may vary if students transfer courses, or have individual substitutions allowed.

Students should speak with their advisor if either situation applies to determine if the number will vary, and to ensure they enroll in a minimum of 45 upper-level hours.

Students entering within 1 year of high school graduation will take UNIV 101 Freshman Seminar and may apply that hour in the open elective category.

## Program Requirements

### General Education

All undergraduate degrees require completion of the Kansas Systemwide General Education (<https://catalog.fhsu.edu/general-education/>).

Courses identified with <sup>GE</sup> on this page may satisfy a general education requirement in addition to the identified degree requirement. Students who apply a degree requirement to satisfy a general education requirement will typically add an equal number of hours to the the university elective category. This flexibility may allow you to complete a minor or certificate within the 120 hour degree. Transfer students and students majoring in programs with approved exceptions (<https://www.fhsu.edu/general-education/documents/fhsu-gen-ed-transfer-exceptions-explainer1.pdf>) are especially encouraged to select these courses in completing General Education requirements to maximize the likelihood of completing the degree with 120 credit hours.

| Code                     | Title | Hours        |
|--------------------------|-------|--------------|
| <b>General Education</b> |       | <b>34-35</b> |

| Code                     | Title | Hours |
|--------------------------|-------|-------|
| <b>General Education</b> |       |       |

|  |    |
|--|----|
| Select 34 credits of General Education | 34 |
|--|----|

| <b>Health and Human Performance Core</b> |  |   |
|--|--|---|
| HHP 201                                  | Concepts of Physical Fitness   | 1 |
| HHP 210                                  | Intro to Health and Human Performance  | 3 |
| HHP 220                                  | Responding to Emergencies  | 3 |
| HHP 280                                  | Care and Prevention of Exercise & Sport Injuries                                   | 3 |
| HHP 330                                  | Physical Activity for Individuals with Intellectual and Developmental Disabilities | 3 |
| HHP 340                                  | Measurement and Evaluation in Health and Human Performance                         | 3 |
| HHP 390                                  | Physiology of Exercise   | 3 |
| HHP 440                                  | Anatomical Kinesiology   | 3 |
| HHP 450                                  | Program Organization and Administration  | 3 |

| <b>Concentration Core</b> |   |   |
|---------------------------|---|---|
| HHP 117                   | Beginning Swimming                              | 1 |
| HHP 151                   | Aerobic Fitness                                 | 1 |
| HHP 271                   | Introduction to Recreation and Sport Management | 3 |
| HHP 155                   | Weight Training and Conditioning                | 1 |
| HHP 272                   | Leadership in Recreation and Sport Management   | 2 |
| HHP 370                   | Intramural Programs                             | 2 |
| HHP 371                   | Leisure Administration and Programming          | 3 |
| HHP 380                   | Techniques of Officiating                       | 3 |
| HHP 465                   | Internship in Human Performance                 | 3 |

| <b>Recreation or Sports Management Option</b> |  |       |
|---|--|-------|
| Select one of the following options:          |  | 23-31 |

|                                       |                                 |  |
|---------------------------------------|---------------------------------|--|
| <b>Recreation Option Requirements</b> |                                 |  |
| HHP 260                               | Introduction to Lifetime Sports |  |

|                                       |   |
|---------------------------------------|---|
| HHP 261                               | Introduction to Racquet Sports                |
| HHP 262                               | Introduction to Team Sports                   |
| HHP 263                               | Introduction to Field Sports                  |
| HHP 275                               | Adventure Education                           |
| HHP 312                               | Fitness Leadership                            |
| HHP 381                               | Field Work in Recreation and Sport Management |
| HHP 480                               | Leisure Programming for Older Adults          |
| Recommended Electives                 |   |
| Select 9-12 credits of the following: |   |
| Business                              |   |
| ACCT 203                              | Principles of Accounting I                    |
| FIN 305                               | Managerial Finance                            |
| MGT 301                               | Management Principles                         |
| Communications                        |   |
| COMM 318                              | Introduction to Organizational Communication  |
| COMM 345                              | Visual and Creative Design                    |
| COMM 348                              | Intro to Public Relations and Advertising     |
| COMM 606                              | Conflict Management Through Communication     |
| Leadership                            |   |
| LDRS 300                              | Introduction to Leadership Concepts           |
| LDRS 302                              | Introduction to Leadership Behavior           |
| LDRS 310                              | Field Work in Leadership Studies              |
| Aquatics                              |   |
| HHP 240                               | Water Safety Instructor                       |
| HHP 242                               | Lifeguard Training and Lifeguard Instructor   |
| Sports Management Option Requirements |   |
| HHP 290                               | Introduction to Coaching                      |
| HHP 305                               | Sport Information Management                  |
| HHP 432                               | Event and Facility Management                 |
| HHP 655                               | Sport Planning and Promotion                  |
| HHP 381                               | Field Work in Recreation and Sport Management |
| Recommended Electives                 |   |
| Select 9-12 credits of the following: |   |
| Business                              |   |
| ACCT 203                              | Principles of Accounting I                    |
| FIN 305                               | Managerial Finance                            |
| MGT 301                               | Management Principles                         |
| Communications                        |   |
| COMM 318                              | Introduction to Organizational Communication  |
| COMM 345                              | Visual and Creative Design                    |
| COMM 348                              | Intro to Public Relations and Advertising     |
| COMM 606                              | Conflict Management Through Communication     |
| Leadership                            |   |
| LDRS 300                              | Introduction to Leadership Concepts           |
| LDRS 302                              | Introduction to Leadership Behavior           |
| LDRS 310                              | Field Work in Leadership Studies              |

## Degree Requirements

| Code | Title | Hours |
|------|-------|-------|
|------|-------|-------|

### All bachelor degrees require:

GPA of 2.0 on FHSU courses & 2.0 on all coursework (Higher program requirements prevail over the 2.0 when set)

A minimum of 30 hours earned from FHSU with a grade of D, C, B, or A

Successful completion of an upper division Writing and Information Literacy course (Most majors contain a course designated)

A minimum of 45 hours of recognized upper division credit

A minimum of 120 hours of recognized college credit

## Degree Maps

**Academic Degree Maps** are term-by-term sample course plans that specify milestones, courses, and special requirements that are necessary for facilitating on-time completion. Degree Maps are *examples* and are not prescriptive. Individualized choices such as concentration options, transfer credits, optional minors, advisory programs (certificates), etc. can alter the recommended coursework. Course offerings are subject to change. Students should consult with their academic advisors for additional guidance on course planning.

To determine courses to take in the directed choices (often listed as Program Elective Course) and directed elective course blocks see the overview tab for courses. To locate approved courses in General Education areas (Undergraduate Programs) see the general education section (<https://catalog.fhsu.edu/general-education/>) of the catalog.

The undergraduate course maps typically advise the most efficient route for students to complete the general education requirements. Courses that are required in the major may be listed as fulfilling relevant general education requirements. This will result in more open elective course hours in some maps than is listed on the degree overview page.