

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

¹ 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 ^{GE} 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
General Education		34-35

Code	Title	Hours
General Education		

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

Health and Human Performance Core		
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

Concentration Core		
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

Recreation or Sports Management Option	
Select one of the following options:	23-31

Recreation Option Requirements	
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		