

# Sport, Recreation and Fitness Management



## MASTER OF SCIENCE

The Master of Science in Sport, Recreation and Fitness Management degree is designed to prepare students to serve in a variety of leadership positions within schools, sport, recreational and fitness organizations. To meet the program Goal of preparing graduates for leadership responsibilities at various levels, including non-school youth settings, high school, collegiate, professional, and recreational settings, student work with their advisor to develop emphasis in coaching and school leadership or in development, marketing, and management.

Graduates of the Sport, Recreation, and Fitness Management degree program will be able to strategically plan, operate, and evaluate athletic, recreation, and fitness programs. Students will develop specific proficiencies in conducting and evaluating relevant research, facility management and marketing strategies, while providing professionally insightful and justifiable answers, opinions, advise, and direction to individuals and groups receiving their services.

As Master's level students they will also demonstrate the ability to competently apply critical thinking and research skills to understand professionally relevant topics and issues.

### **Required Courses Include:**

- Research Design and Interpretation
- Applied Statistics
- Foundations of Sport Leadership
- Psychological Principles of Sport
- Performance
- Internship and Research Project

### **OR**

- Internship and Thesis

### **Coaching and School Leadership Emphasis Courses Include:**

- Legal Aspects of Sport
- Psychology of Coaching
- Workshop: Coaching Youth Sports
- Psychopathology
- Sociology of Sport
- Stress Management and Emotional Health
- Graduate Athletic Training I
- Sport Organization and Governance

### **Marketing and Development Emphasis Courses Include:**

- Legal Aspects of Sport
- Sport Marketing and Promotion
- Sport Organizations and Governance

**Department  
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and  
Human  
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