



Sports and Recreation Management Major  
Bachelor of Science Curriculum Plan  
55 Hours

Student

ID#

Advisor

**Program Core (24 Hours)**

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	RECM 111: Introduction to Recreation and Leisure	3		
	RECM 250: Recreation Programming	3		
	RECM 350: Recreation Administration & Leadership	3		
	BUAD 151: Business Essentials	3		
	PHED 420: Adapted Physical Activity	3		
	ACTG 270: Accounting for Managers	3		
	MGMT 352: Principles of Management	3		
	MKTG 321: Principles of Marketing	3		

**Recreation Management Emphasis (31 Hours)**

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	RECM 130: Wilderness Survival	3		
	RECM 201: Principles of Outdoor Recreation	3		
	RECM 235: Wilderness Adventure & Education	3		
	RECM 333: Recreation Visitor Behavior	3		
	RECM 411: Interpretive Methods	3		
	RECM 475: Philosophy of Recreation Management	3		
	RECM 480: Environmental Ethics	3		
	RECM 485: Recreation Management Internship	6		
Four hours of activities courses must be taken. See Catalog and Class Schedule for available courses.				
	RECM 190:	1		
	RECM 190:	1		
	RECM 190:	1		
	RECM 190:	1		

**Human Performance Emphasis (31 Hours)**

	Required Course	Hours	Transfer/Substitution/Notes	Final Grade
	WELL 340: Anatomy & Physiology	3		
	PHED 241: History/Philosophy of Physical Education	3		
	PHED 351: Tests and Measurements in Health and PE	3		
	PHED 361: Organization & Admin: Physical Education	3		
	PHED 421: Kinesiology	3		
	HMPF 435: Social Psychology of Sport & Human Performance	3		
	HMPF 441: Exercise Assessment & Prescription	3		
	PHED 471: Sports Management Internship	6		
Four hours of activities courses must be taken. See Catalog and Class Schedule for available courses.				
	PHED 1XX:	1		
	PHED 1XX:	1		
	PHED 1XX:	1		
	PHED 1XX:	1		

## Sports & Recreation Management Human Performance Emphasis

### Freshmen Year

Course	Hrs	Course	Hrs
ENGL 111 or 100 – Freshmen Comp I	3	ENGL 112 – Freshmen Comp II	3
HIST 110, 113, or 213	3	GNST 105 – Igniting Higher Order Think	3
Fine Arts core	3	Math core	3
RECM 111 – Intro. to Rec. & Leisure	3	BUAD 151 – Business Essentials	3
Social/Behavioral Science core	3	Elective course	3
UCE 101 – Union College Experience	1	UCE 102 – Union College Experience	1
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>16</b>

### Sophomore Year

Course	Hrs	Course	Hrs
Literature core	3	History core	3
Science core (if spring athlete) or elective	3-4	Science core (if fall athlete) or elective	3-4
Social/Behavioral Science core	3	ACTG 270 – Accounting for Managers	3
RECM 250 – Recreation Programming	3	PHED 241 – History & Philosophy of Sport	3
Elective course	3	Elective course	3
PHED ____ - activity course	1	PHED ____ - activity course	1
<b>Total Hours</b>	<b>16-17</b>	<b>Total Hours</b>	<b>16-17</b>

### Junior Year

Course	Hrs	Course	Hrs
MGMT 352 – Principles of Mgmt.	3	MKTG 321 – Principles of Marketing	3
PHED 351 – Tests and Measurements	3	PHED 361 – Org. & Admin of Athletics	3
WELL 340 – Anatomy & Physiology	3	PHED 421 – Kinesiology	3
Elective courses	6	Elective courses	6
PHED ____ - activity course	1	PHED ____ - activity course	1
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>16</b>

### Senior Year

Course	Hrs	Course	Hrs
HMPF 435 – Social Psychology of Sport	3	HMPF 441 – Exercise Assessment & Prescription	3
PHED 420 – Adaptive Physical Activity	3	RECM 350 – Recreation Adm. & Leader	3
Elective courses	6	PHED 471 – Sports Management Intern	6
<b>Total Hours</b>	<b>12</b>	<b>Total Hours</b>	<b>12</b>

This major has 36 300+ hours – you will need an additional 3 hours of 300+ hours for graduation

Please be aware of course offerings that are offered in odd or even years in the undergraduate catalog – Fall 22 is even fall and Spring 23 is even spring

PHED 471 can be taken in the summer before the senior year in order to have more opportunities for internships.

## Sports & Recreation Management Recreation Management Emphasis

### Freshmen Year

Course	Hrs	Course	Hrs
ENGL 111 or 100 – Freshmen Comp I	3	ENGL 112 – Freshmen Comp II	3
HIST 110, 113, or 213	3	GNST 105 – Igniting Higher Order Think	3
Fine Arts core	3	Math core	3
RECM 111 – Intro. to Rec & Leisure	3	BUAD 151 – Business Essentials	3
Social/Behavioral Science core	3	Elective course	3
UCE 101 – Union College Experience	1	UCE 102 – Union College Experience	1
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>16</b>

### Sophomore Year

Course	Hrs	Course	Hrs
Literature core	3	History core	3
Science core (if spring athlete) or elective	3-4	Science core (if fall athlete) or elective	3-4
Social/Behavioral Science core	3	ACTG 270 – Accounting for Managers	3
RECM 130 – Wilderness Survival	3	RECM 201 – Princ of Outdoor Recreation	3
Elective course	3	Elective course	3
RECM 190	1	RECM 190	1
<b>Total Hours</b>	<b>16-17</b>	<b>Total Hours</b>	<b>16-17</b>

### Junior Year

Course	Hrs	Course	Hrs
RECM 235 – Wilderness Ad & Education	3	RECM 350 – Recreation Adm & Leader	3
RECM 250 – Recreation Programming	3	RECM 475 – Philosophy of Rec. Mgmt	3
MGMT 352 – Intro to Management	3	MKTG 321 – Principles of Marketing	3
RECM 333 – Recreation Visitor Beh	3	Elective course	3
Elective course	3	Elective course	3
RECM 190	1	RECM 190	1
<b>Total Hours</b>	<b>16</b>	<b>Total Hours</b>	<b>16</b>

### Senior Year

Course	Hrs	Course	Hrs
*RECM 411 – Interpretative Methods	3	RECM 485 – Recreation Mgmt Intern	6
*RECM 480 – Environmental Ethics	3	Elective course	3
PHED 420 – Adaptive Physical Ed	3	Elective course	3
Elective courses	6		
<b>Total Hours</b>	<b>15</b>	<b>Total Hours</b>	<b>12</b>

This major has 30 300+ hours – you will need an additional 9 hours of 300+ hours for graduation

\*RECM 411 and RECM 480 are offered in fall even years only, so you may have to switch and take them your junior year and move two fall junior classes to your senior year

RECM 485 can be taken in the summer before the senior year in order to have more opportunities for internships.

