

SPORT AND WELLNESS MANAGEMENT MAJOR

The sport and wellness management major is designed to prepare students for a variety of career opportunities available in the sport and wellness industry in corporate or community settings. Wellness counseling, personal fitness/performance training, recreation/athletic director, sports marketing, sports media, and sports facility management are among the many possible career fields available to the sport and wellness management graduate.

Requirements total a minimum of 54 hours. Students must complete 26 hours of sport and wellness management core curriculum including 16 hours of human performance and wellness, four hours of biology, three hours of English, and three hours of psychology, in addition to choosing an emphasis in sport management or health and wellness. Up to ten of the required hours may be used to meet general education requirements.

Program Outcomes:

Students completing a Bachelor of Arts degree in Sport and Wellness Management will be able to:

- demonstrate content knowledge
- evidence Christian values and ethical decision making in their professional and personal lives
- demonstrate interpersonal skills and behavior for professional interactions
- demonstrate the skills necessary to gain employment in their field
- demonstrate Christ-centered thinking and action

Code	Title	Hours
Sport and Wellness Core		
Human Performance and Wellness Courses		
HPW 180	Introduction to Health and Wellness ¹	3
HPW 190	Foundations of Human Performance and Wellness	3
HPW 228X	Sport and Wellness Psychology ¹	3
HPW 334	Management of Sport and Wellness	3
HPW 490	Seminar in Human Performance and Wellness	1
HS 165	Responding to Emergencies and Sport Safety Training	3
Biology Course		
Select one of the following options:		4-8
BIO 140	Survey of Human Anatomy and Physiology ¹	
BIO 340	Human Anatomy and Physiology I	
& BIO 341	and Human Anatomy and Physiology II	
English Course		
ENG 210X	Business Communication	3
Psychology Course		
PSY 140	Introduction to Psychology ¹	3
Select one emphasis		28-34
Total Hours		54-64

¹ May be used to fulfill a general education requirement.

Sport Management Emphasis

Code	Title	Hours
BUS 101	Introduction to Business	3
BUS 113	Principles of Marketing	3
BUS 115	Human Resources Management	3
BUS 221	Principles of Accounting I	3
COM 140	Introduction to Public Relations	3
HPW 320	Sports Operations	3
HPW 430	Sports Law and Ethics	3
HPW 446	Field Internship	3
Select one of the following:		3
BUS 334	Advertising	
BUS 346	Organizational Behavior	
BUS 352	Compensation and Benefits	
BUS 353	Management of Change	
BUS 373X	Nonprofit Financial Management	
Select one of the following:		3
COM 204	Mass Communication	
COM 281	Social and Interactive Media Strategies	
GPH 385	Digital Storytelling	
Total Hours		30

Health and Wellness Emphasis

Code	Title	Hours
HPW 220	Practicum in Sport and Wellness Management	3
HPW 224	Team Sports	3
HPW 446	Field Internship	6-12
HPWA 204	Advanced Weight Training	1
HS 201X	Physiology of Exercise	4
HS 202	Nutrition ¹	3
HS 251	Kinesiology	3
PSY 220	Interpersonal Skills Training	3
Choose one:		3
BUS 101	Introduction to Business	
BUS 113	Principles of Marketing	
BUS 115	Human Resources Management	
BUS 221	Principles of Accounting I	
Total Hours		29-35

¹ May be used to fulfill a general education requirement.