

**2025-2026 Academic Year**

Requirements Effective Fall 2024

Min. Grad. Req : 120 Hrs., 30 UD Hrs., 2.0 GPA Institutional & Cumulative

Reviewed by: \_\_\_\_\_

Date: \_\_\_\_\_

**(B.S.) RECREATION AND SPORT STUDIES**

\_\_\_\_\_  
Name & Student ID #

\_\_\_\_\_  
Expected Graduation Date:

**General Education Requirements**

- 3 THEO 110 Intro to Christianity
- 3 BLIT 210 Christian Scriptures
- 3 CMIN 310 Christian Living
- 3 ENGL 109 College Writing I
- 3 ENGL 210 College Writing II (APA)
- 3 COMM 105 Fundamentals of Communication
- 3 HIST 200 Western Civilization
- 3 Approved Social Science Course\* \_\_\_\_\_
- 6 Approved Humanities Courses\*

**Select 3 hours from two different areas:**

Fine Arts, Literature, Philosophy, or SPAN 212

- 3 MATH 103, MATH 112, or higher math \_\_\_\_\_
- 3-4 Physical Science (ESS 105 is preferred for this major, not required)

- \* See [olivet.edu/registrar](http://olivet.edu/registrar) for an approved list of courses
- Students completing a minor must complete a minimum of 6 unique hours between major and minor.
- Students pursuing a double major or greater must complete a minimum of 20 unique hours (excludes supporting courses)

**Minimum grade of C- or better required in all PHED and EXSS courses**

**Major: 52 Hours (2.0 GPA Required)**

- 3 EXSS 129 Intro to Sport Management and Recreation
- 2 EXSS 220 Sport Finance
- 3 EXSS 250 Sports Facility Planning / Marketing
- 4 EXSS 300 Promoting/Marketing Athletics
- 3 EXSS 350 Sports Law
- 2 EXSS 360 Sports Analytics
- 2 EXSS 431 Ethical Leadership in Sports and Recreation
- 3 EXSS 471 Organization and Administration of Athletics
- 1 EXSS 477 Sport Management and Recreation Seminar
- 3 EXSS 497 Internship Recreation and Sport Studies
- 3 PHED 126 Nutrition, Health and Fitness (GER:STWD)
- 2 PHED 228 Weight Training/Conditioning
- 2 PHED 241 First Aid and Emergency Care
- 2 PHED 260 Individual Sports Skills
- 2 PHED 270 Team Sports Skills
- 3 PHED 360 Physiology of Exercise
- 3 PHED 472 Kinesiology

**Required Supporting Courses (both concentrations)**

- 3 BSNS 241 Business Statistics\* **OR**  
MATH 120 Intro to Statistics (GER:MATH)
- 3 PHED 175 Survey of Anatomy & Physiology (GER:BIOL SCI)
- 3 PSYC/SOWK 323 Human Diversity (GER: IU)

*\*BSNS 241 does not meet the gen ed MATH requirement*

**PLUS completion of one concentration:**

**A. Recreation Management (16 Hours)**

- 3 BSNS 160 Principles of Management
- 3 BSNS 171 Computer Applications & Communication
- 3 EXSS 229 Recreation Management
- 1 PHED 210 Teaching Rhythm and Dance
- 1 PHED 211 Teaching Aquatic Skills
- 2 PHED 274 Outdoor Education
- 3 PHED 370 Adaptive Physical Education

**B. Coaching and Human Performance (15 Hours)**

- 3 EXSS 320 Sports Psychology
- 3 EXSS 425 Fitness Testing & Exercise Prescription
- 3 EXSS 429 Personal Training
- 3 LEAD 235 Team Building/Leadership
- 3 PHED 219 Theory of Coaching