

FITNESS & RECREATIONAL SPORTS MANAGEMENT, MINOR

The fitness & recreational sports management minor is ideal for business students, recreation students, or any student interested in managing fitness & recreational sports facilities.

Click on the curriculum tab to see the required classes.

Minor in **Fitness and Recreation Management** offers a mix of business, leadership, and wellness training that can complement a variety of majors. Here are the key benefits:

1. Career Opportunities in a Growing Industry

The fitness, recreation, and wellness industries are expanding rapidly. This minor prepares you for roles like:

Recreation coordinator

Fitness center manager

Health club supervisor

Outdoor recreation leader

Community recreation manager

2. Blends Business and Health Knowledge

You'll gain a foundation in:

Facility operations

Staff supervision

Often combined with **fitness training principles**

This makes it especially valuable if you're considering leadership or management roles in health, fitness, or community organizations.

3. Hands-On Experience

Many programs include:

Internships

Practicum experiences

Certifications (e.g., CPR, group fitness, personal training)

These opportunities help build your resume and offer real-world application of your coursework.

4. Supports Wellness-Based Careers

Pairs well with majors such as:

Kinesiology / Exercise Science

Sports Management

Education

Health Coaching

Psychology

You'll be better equipped to lead **fitness programs, youth sports initiatives.**

5. Builds Leadership and Interpersonal Skills

You'll develop skills in:

Team management

Customer service

Communication

Conflict resolution

These are valuable in any career path that involves people-facing roles or leadership.

6. Promotes Personal Development

You'll gain knowledge that helps you:

Maintain your own health and fitness

Balance professional and personal well-being

Summary

A minor in Fitness and Recreation Management is a great option if you're interested in combining **leadership**, and **business** in a career that promotes wellness and community engagement. It's especially helpful if you plan to work in **gyms, schools, universities, parks and recreation departments, corporate wellness programs**, or even **entrepreneurial ventures in fitness**.

Specific Program Requirements

Course	Title	Credits
ACCT 201	Principles of Financial Accounting	3
EPER 240	Recreation Program Design	3
EPER 485	Recreation Facility Design/Management	3
MGMT 201	Principles of Management	3
or EPER 461	Managing Events & Programs	3
MGMT 318	Human Resource Management ¹	3
Select two of the following:		6
CIS 365	Management Information Systems ¹	3
EPER 250	Commercial Recreation and Tourism	3
EPER 480	Business of Tourism	3
EPER 484	Outdoor Resources & Management	3
MKTG 342	Promotional Strategy ¹	3
MKTG 348	Consumer Behavior ¹	3
Total Credits		21

¹ These courses require prerequisites to be taken prior to taking course.