

RECREATION, SPORT, AND TOURISM MANAGEMENT (RSTM)

RSTM 104 Introduction to Recreation, Sport, and Tourism Professions **3 credits**

Introduction to the foundations of recreation, sport and tourism professions and careers, and related issues, resources, and professional opportunities. (Fall only)

RSTM 105 Teaching Golf I **2 credits**

Teach Professional Golf Management students the basics of golf instruction. They will learn how to establish relationships, organize groups, design golf development programs, demonstrate the short game, as well as the full swing. (Spring only)

Prereq: PGA student or permission.

RSTM 107 Outdoor Recreation and Adventure Sports **3 credits**

Introduction to leadership and motivational theories, core competencies, trends, and programming for contemporary outdoor recreation and adventure sports. Overnight field trips and weekly labs required.

RSTM 108 Orienteering & Navigation **1 credit**

This course will provide an introduction to orienteering and basic map and compass navigation skills for working or recreating. The reading and understanding of forest service and topographical maps will be covered with a focus on symbols, legends, border information and contour lines. Magnetic compasses and an introduction to GPS technology will be used to teach course plotting on maps. Orienteering field experience will be integrated throughout the course. Instruction requires practical field application for hands-on experience.

RSTM 200 (s) Seminar **Credit arranged. .**

RSTM 203 (s) Workshop

RSTM 204 (s) Special Topics **Credit arranged..**

RSTM 205 Teaching Golf II **2 credits**

Basic fundamentals of how the golf swing works. Students will learn how to analyze swing motion and observe ball flight characteristics to help the student improve their golf game. Students will also examine ways to generate business using marketing and promotional techniques. (Fall only)

Prereq: PGA student or PGA 103 and Permission.

RSTM 216 River Recreation and Water Craft Safety **3 credits**

Introduction to water crafts (river board, rafts, canoes, inflatables, etc) and teaching basic paddling skills and aspects of safety. Additional content includes: river policy, history, culture, careers/guiding, equipment maintenance/storage, river camping and leadership. Field days required (3-5 days).

Prereq or Coreq: RSTM 107.

RSTM 218 Rock Climbing & Mountaineering **3 credits**

This course will teach: intra to fundamentals of basic rock climbing including equipment, climbing techniques, knots, belaying, and rappelling; emphasis on skill development, risk management, and leadership. Intra to fundamentals of mountaineering including equipment; fundamentals; rock, snow, and ice techniques; climbing equipment; navigation; expedition planning and safety; emphasis on skill development and safety. This course will follow and promote industry safety standards and teach best practices. Instruction requires three to five full days of practical field application for hands-on experience.

Prereq: RSTM 107.

RSTM 222 Cross Country Skiing **1 credit**

Intro to skills of cross country skiing including equipment, waxing, climbing techniques, turns, downhill, and diagonal glides. One 1-day field trip. Recommended Preparation: Two courses from NRS 125, NRS 387, NRS 487, NRS 490. (Alt/ yrs)

RSTM 224 Whitewater Rafting **1 credit**

Intro to skills of whitewater rafting including equipment, trip planning, permits, techniques, and river impact. One or two field trips. (Alt/ yrs)

Prereq: Two courses from NRS 125, NRS 387, NRS 487, NRS 490, or Permission.

RSTM 225 Kayaking **1 credit**

Intro to skills of whitewater kayaking including equipment, eskimo rolls, eddy turns, ferrying, and rapid maneuvering. One 2-day field trip. (Alt/ yrs)

Prereq: Two courses from NRS 125, NRS 387, NRS 487, NRS 490, or Permission.

RSTM 227 Mountain Biking **1 credit**

Introduction to fundamentals of mountain biking including equipment, trip planning, skill development, off-road riding, bike repair, and safety. One 3 to 7 day field trip required.

RSTM 228 Avalanche Fundamentals **2 credits**

This course will teach the skills necessary for understanding the complex systems involved in backcountry winter avalanche conditions. This course will follow and promote industry safety standards and teach best practices based off of the guidelines set by the American Avalanche Association. This two credit course will cover curriculum such as: general information about avalanche hazard, a framework for decision making and risk management while traveling in avalanche terrain, effective field observation techniques, companion rescue and proper equipment for traveling in avalanche terrain. Instruction requires two full days of practical field application for hands-on experience.

Prereq: RSTM 107 or Equivalent Experience with Instructor Permission.

RSTM 229 Swiftwater Rescue Training **2 credits**

This course will teach: identifying river hazards, rescue philosophy / liability, self rescue, tethered swimmers / contact rescues, throwbag deployment, boat based / shore based rescues, strainer swimming, shallow water crossings, foot and body entrapment, knots, boat pins, mechanical advantage and technical rope systems, quick, smooth, effective rescue technique. Instruction requires three full days of practical field application for hands-on experience.

Prereq: RSTM 107 and RSTM 216; or equivalent experience with instructor permission.

RSTM 231 Alpine Skiing

1 credit

Introduction to skills of alpine skiing including ski instruction and tactics in various terrain, equipment selection, and waxing. One 2-day field trip.

RSTM 240 Recreation and Sport Activities, Programming, and Marketing
3 credits

Introduction to recreation activities with applications to programming and marketing in leisure settings. Programming field experience required.

RSTM 254 Camp Leadership in Recreation and Sport
3 credits

Objectives, organizational structures, programs, and philosophies of for-profit and non-profit recreation and sport camps. One 3-4 day field trip. (Alt/yrs)

RSTM 260 Foundations of Recreation
3 credits

History of and expanding role of leisure in modern U.S. life; emphasis on factors influencing leisure; analysis of leisure values as related to the individual and society. (Fall only)

RSTM 280 Practicum in Recreation, Sport, and Tourism
1 credit, max 3

Practical experience in agency recreation and leisure services recreation, park, sport, or tourism agency services. Forty clock hours required per credit. Graded P/F.

Prereq: Permission of advisor.

RSTM 290 Wilderness First Responder
3 credits

Wilderness First Responder is the accepted standard in wilderness medical training for guides, trip leaders, and outdoor professionals. This course covers the knowledge and skills needed to respond to back country medical and trauma situations. Over night field trip required. (Spring only)

RSTM 299 (s) Directed Study
Credit arranged. .

RSTM 305 Teaching Golf III
2 credits

This course will build on the concepts contained in the Analysis of Swing and the preseminar material for Philosophy and Swing Concepts. This course will examine swing philosophy; apply concepts to various situations; understand course management, physical fitness, and special populations; evaluate short game skills; identify and demonstrate different drills; and incorporate video technology.

Prereq: RSTM 205.

RSTM 310 Outdoor and Adventure Leadership
3 credits

Outdoor and adventure leadership for wilderness experiences and effective expedition planning. Fundamentals of handling wilderness emergencies and evacuation. Wilderness backpacking field experience required during course.

Prereq: RSTM 107.

RSTM 370 Health and Human Development in Recreation, Sport, and Tourism
3 credits

Recreation, sport, and tourism across the lifespan (early childhood to late life). Health and human development concepts and theories. (Spring, Alt/yrs even)

RSTM 380 Principles of Travel and Tourism
3 credits

Tourism is "the largest scale movement of goods, services, and people that humanity has ever seen." This course provides an overview of tourism as an industry and a sociocultural phenomenon from local to international levels as well as the economic, social, and environmental impacts of tourism on local communities.

RSTM 395 Diversity in Recreation, Sport and Tourism
3 credits

Delivery of recreation, sport, and tourism services to diverse populations. Analysis of diversity issues in a wide array of leisure settings.

RSTM 400 (s) Seminar
Credit arranged..

RSTM 403 (s) Workshop
Credit arranged..

RSTM 404 (s) Special Topics
Credit arranged..

RSTM 405 (s) Professional Development
Credit arranged.

Joint-listed with REC 505

Credit earned may not be applied toward graduate degree program. Professional development and enrichment of recreational professionals. Additional projects/assignments required for graduate credit.

RSTM 408 Experiential Education and Adventure Recreation
3 credits

Philosophical and theoretical foundations of experiential education and adventure activities, and applications to individual, group, and organizational development. Field trips required. (Alt/yrs)

RSTM 411 Expedition Planning and Management
3 credits

This course will explore the process of expedition planning including skill, resource and risk assessments, and experience design and activity management to meet desired outcomes. Students will carry out a 7-10 day expedition of their own to test their plan.

Prereq or Coreq: RSTM 107.

RSTM 415 Turfgrass Management
3 credits

Turfgrass science, cultivation and management for a wide variety of golf course applications.

RSTM 424 Inclusive Physical Education and Recreation
3 credits

Cross-listed with PEP 424

To provide an overview of movement and physical activities in physical education and recreational settings for individuals with disabilities. Emphasis will be on history, etiology, characteristics, services, resources, professional competencies, and instructional strategies. Practical experience (16 hrs in the community) is required to enhance instructional abilities to adapt and create an inclusive physical education and recreational setting for all participants.

Prereq: Senior standing or Permission.

RSTM 455 Design & Analysis of Research in Movement Sciences
3 credits

Cross-listed with H&S 455 and PEP 455

This course is designed to survey the basic types of research methods often found in exercise science and health; and recreation. A variety of research designs and computerized statistical analyses are studied to help students understand the systematic nature of problem solving. Various research problems as they relate to exercise science and health; and recreation are discussed for the purpose of identifying the broad and diverse nature of research in the movement, leisure, and health professions. (Spring only)

Prereq: Junior or Senior standing.

RSTM 485 Trends in Recreation, Sport and Tourism
3 credits

Current trends and issues in the recreation, sport, and tourism field; analysis of selected topics of current relevance. (Alt/yrs)

RSTM 490 Management and Entrepreneurship in Recreation, Sport, and Tourism
3 credits

Models of entrepreneurship and components of successful management in recreation, sport, park, and tourism settings such as business planning, human resources, operations and risk management. (Alt/yrs)

RSTM 498 (s) Internship in Recreation, Sport, and Tourism
Credit arranged

Gen Ed: Senior Experience

Supervised field work with a professional, sport, or tourism recreation agency.

Prereq: RSTM 280, senior status, majority of coursework completed.

RSTM 499 (s) Directed Study
Credit arranged..**RSTM 500 (s) Master's Research and Thesis**
Credit arranged..**RSTM 502 (s) Directed Study**
Credit arranged..**RSTM 503 (s) Workshop**
Credit arranged..**RSTM 504 (s) Special Topics**
Credit arranged..**RSTM 505 (s) Professional Development**
Credit arranged

Joint-listed with RSTM 405

Credit earned may not be applied toward graduate degree program. Professional development and enrichment of recreational professionals. Additional projects/assignments required for graduate credit.

RSTM 575 (s) Leadership, Programming and Marketing
3 credits

Studies of theories, methods, and styles of effective leadership. Includes group dynamics, motivation, team building and leadership skills. Planning and development of activity programs and implementation of marketing techniques. (Fall only)

RSTM 585 Policy Analysis and Historical Perspectives of Leisure
3 credits

Examination of the policy issues that affect the physical education and recreation fields; study of the historical significance of key events and individual contributions from cultural, social and economic points of view. (Fall or Summer only)

RSTM 595 Budgeting, Financing and Managing Recreational Facilities
3 credits

Policies and practices involved in budgeting, financing, acquisition, managing recreation agencies and facilities. (Spring only)

RSTM 596 Rec and Sport Mgmt Behavior
3 credits

Management behavior and strategies related to recreation and sport agencies, including leadership, supervision, and a variety of administrative issues. (Spring only)

RSTM 598 (s) Internship
Credit arranged

Supervised field experience in an appropriate leisure agency.

Prereq: Permission.

RSTM 599 (s) Research
Credit arranged

Research not directly related to a thesis or dissertation.

Prereq: Permission.