RSTM 104 Recreation, Sport, and Tourism in Healthy Communities

3 credits
Introduction to the foundations of recreation, sport and tourism professions, related issues, resources, professional opportunities, and the profession's role in supporting healthy active communities. (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: introduction to fundamentals of basic rock climbing including equipment, climbing techniques, knots, belaying, and rappelling; emphasis on skill development, risk management, and leadership. Introduction 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/years)

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/years)
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/years)
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 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/years)

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: Advisor Permission

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 pre-seminar 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 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 socio-cultural phenomenon from local to international levels as well as the economic, social, and environmental impacts of tourism on local communities.

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.
Credit earned may not be applied toward a 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/years)

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
Joint-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 hours 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 425 Programming and Marketing in Movement and Leisure Sciences
3 credits
Joint-listed with RSTM 525
In this course, students will learn the science and art of programming and marketing with a focus on their applications in the design, implementation, and evaluation of movement and leisure programs. By the end of the course, each student will have the requisite skills to implement a program of their own design. (Fall only)

RSTM 430 Activity and Health in Movement and Leisure Sciences
3 credits
Joint-listed with RSTM 530, Cross-listed with PEP 430
This course familiarizes students with contemporary research and professional applications of activity in relation to health and wellness using a variety of perspectives in movement and leisure sciences and related disciplines. (Fall only)
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 and Policies in Recreation, Sport and Tourism
3 credits
Joint-listed with RSTM 585
Current trends and policy issues in the recreation, sport and tourism field; analysis of selected topics of current relevance. (Spring only)

RSTM 490 Experience and Event Management
3 credits
Joint-listed with RSTM 590
This class focuses on the development and management of special events and experiences in recreation, sport and tourism. (Spring only)

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 525 Programming and Marketing in Movement and Leisure Sciences
3 credits
Joint-listed with RSTM 425
In this course, students will learn the science and art of programming and marketing with a focus on their applications in the design, implementation, and evaluation of movement and leisure programs. By the end of the course, each student will have the requisite skills to implement a program of their own design. (Fall only)

RSTM 530 Activity and Health in Movement and Leisure Sciences
3 credits
Joint-listed with RSTM 430, Cross-listed with PEP 530
This course familiarizes students with contemporary research and professional applications of activity in relation to health and wellness using a variety of perspectives in movement and leisure sciences and related disciplines. (Fall only)

RSTM 585 Trends and Policies in Recreation, Sport and Tourism
3 credits
Joint-listed with RSTM 485
Current trends and policy issues in the recreation, sport and tourism field; analysis of selected topics of current relevance. (Spring only)

RSTM 590 Experience and Event Management
3 credits
Joint-listed with RSTM 490
This class focuses on the development and management of special events and experiences in recreation, sport, and tourism. (Spring only)

RSTM 595 Budgeting, Financing and Managing Recreational Facilities
3 credits
Policies and practices involved in budgeting, financing, acquisition, and managing recreation agencies and facilities. (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