

# RECREATION, SPORT, AND TOURISM MANAGEMENT (RSTM)

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## **RSTM 104 Recreation, Sport, and Tourism in Healthy Communities (3 credits)**

General Education: Social and Behavioral Ways of Knowing  
Introduction to the social science foundations of recreation, sport and tourism professions and related issues, resources, and professional opportunities, including the profession's role in supporting healthy active individuals and communities. Typically Offered: Fall.

## **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)

**Prereqs:** PGA student or Permission

## **RSTM 106 Introduction to Sport Management (3 credits)**

General Education: American Diversity, Humanistic and Artistic Ways of Knowing

Introduction to sport management with an emphasis on historical, humanistic, cultural, and artistic perspectives of sport. How these perspectives are intertwined within the foundations of sport management and the roles that sport plays in the human experience are focal points of discussion. The course also provides an overview of sport management careers as well as current issues and future trends. Typically Offered: Spring.

## **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. Typically Offered: Spring.

## **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 (1-16 credits)**

Credit arranged

## **RSTM 203 (s) Workshop (1-16 credits)**

## **RSTM 204 (s) Special Topics (1-16 credits)**

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)

**Prereqs:** PGA student or PGA 103 and Permission

## **RSTM 216 River Recreation and Water Craft Safety (2 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).

**Prereqs or Coreqs:** 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.

**Prereqs:** 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)

**Prereqs:** 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)

**Prereqs:** 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.

**Prereqs:** 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, and quick, smooth, effective rescue technique. Instruction requires three full days of practical field application for hands-on experience.

**Prereqs:** 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.

**Prereqs:** 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. Overnight field trip required. (Spring only)

**RSTM 299 (s) Directed Study (1-16 credits)**

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.

**Prereqs:** RSTM 205

**RSTM 310 Outdoor and Adventure Leadership (3 credits)**

Outdoor and adventure leadership, contemporary issues, and effective planning and implementation for outdoor/adventure experiences. Field trip(s) required. Typically Offered: Fall (Even Years).

**RSTM 380 Principles of Travel and Tourism (3 credits)**

General Education: International, Social and Behavioral Ways of Knowing  
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. Typically Offered: Spring (Odd Years).

**RSTM 400 (s) Seminar (1-16 credits)**

Credit arranged

**RSTM 403 (s) Workshop (1-16 credits)**

Credit arranged

**RSTM 404 (s) Special Topics (1-16 credits)**

Credit arranged

**RSTM 405 (s) Professional Development (1-16 credits)**

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.

**Prereqs or Coreqs:** RSTM 107

**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 hours in the community) is required to enhance instructional abilities to adapt and create an inclusive physical education and recreational setting for all participants.

**Prereqs:** 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)**

Cross-listed with MVSC 430

Joint-listed with MVSC 530, RSTM 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) Typically Offered: Fall.

**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 (1-16 credits, max arranged)**

General Education: Senior Experience

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

**Prereqs:** RSTM 280, Senior status, majority of coursework completed

**RSTM 499 (s) Directed Study (1-16 credits)**

Credit arranged

**RSTM 500 (s) Master's Research and Thesis (1-16 credits)**

Credit arranged

**RSTM 502 (s) Directed Study (1-16 credits)**

Credit arranged

**RSTM 503 (s) Workshop (1-16 credits)**

Credit arranged

**RSTM 504 (s) Special Topics (1-16 credits)**

Credit arranged

**RSTM 505 (s) Professional Development (1-16 credits)**

Joint-listed with RSTM 405

Credit arranged. 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)**

Cross-listed with MVSC 530

Joint-listed with MVSC 430, RSTM 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) Typically Offered: Fall.

**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 (1-16 credits)**

Credit arranged. Supervised field experience in an appropriate leisure agency.

**RSTM 599 (s) Research (1-16 credits)**

Credit arranged. Research not directly related to a thesis or dissertation.